

The Sea Coast Echo

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ASRM project

Proposed NASA tests at Stennis may pose threat to environment

BY D.C. HARVILL

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The Sea Coast Echo
Some scientists and documents say the Advanced Solid Rocket Motor (ASRM) tests NASA plans to conduct at its Stennis Space Center (formerly National Space Technology Laboratories) possibly could cause serious, long-term effects on the people and environment in surrounding areas, despite the assessment made in the project's Environmental Impact Statement (EIS).

The Environmental Protection Agency has approved the EIS and any potential environmental problems will be addressed either during the permitting process or by mitigation, according to Dr. Rebecca McCaleb, NASA's environmental officer who coordinated creation of the EIS written by Ebasco Services Incorporated.

Mitigation means that efforts will be taken to minimize any foreseen adverse impacts and to implement corrective measures after the impacts have been made.

"I feel comfortable with the EIS. I think they (Ebasco) have done a good job," said McCaleb.

After reviewing information he had requested about the operation, State Representative J.P. Comprett of Bay St. Louis said, "It sounds like there could be a real problem (with

the tests). We certainly don't want something done out there (at SSC) that is going to effect us 20 to 30 years down the road, for our children and grandchildren. I don't know if there is a cover-up involved or not, but I'm going to look into it," State Representative J.P. Comprett said.

When asked for comments on possible environmental and

health problems, ASRM Project Manager Lowell Zoller deferred to McCaleb.

"She is my personal agent when dealing with environmental impacts," Zoller said.

The ASRM program calls for four tests the first year and two each year following, beginning in the early 1990's. Duration of the project as proposed will be 30 years. The creation of 150

jobs is expected for the testing phase.

According to the center's Operations Director Arthur J. Rogers Jr., construction of the test facility could begin by the end of the year.

ACID RAIN
McCaleb maintains that the tests will operate within the standards set forth in the Clean

Air Act.

According to the final EIS for the project, issued in March, each of the firings will emit 228,000 pounds of hydrogen chloride gas and 362,000 pounds of aluminum oxide particulate into the atmosphere.

Hydrogen chloride reacts readily with water, forming hydrochloric acid.

McCaleb claims that will not

be a problem since no water will be used to cool the test stand.

Water, however, is another by-product of the firing, comprising approximately 10 percent of the exhaust cloud. Hydrogen chloride, according to the EIS, is a hygroscopic (water absorbing) material and would also form acid by combining with the moisture in south Mississippi's consistently humid air—acid that could fall in the form of acid rain.

The tests could produce rainfall with a pH as low as 1.5, according to an evaluation of SSC as an ASRM test site published in 1987 by NASA contractor Sverdrup.

The pH-scale is a measure of a substance's acidity or alkalinity. As the number decreases from seven (neutral) the greater the level of acidity.

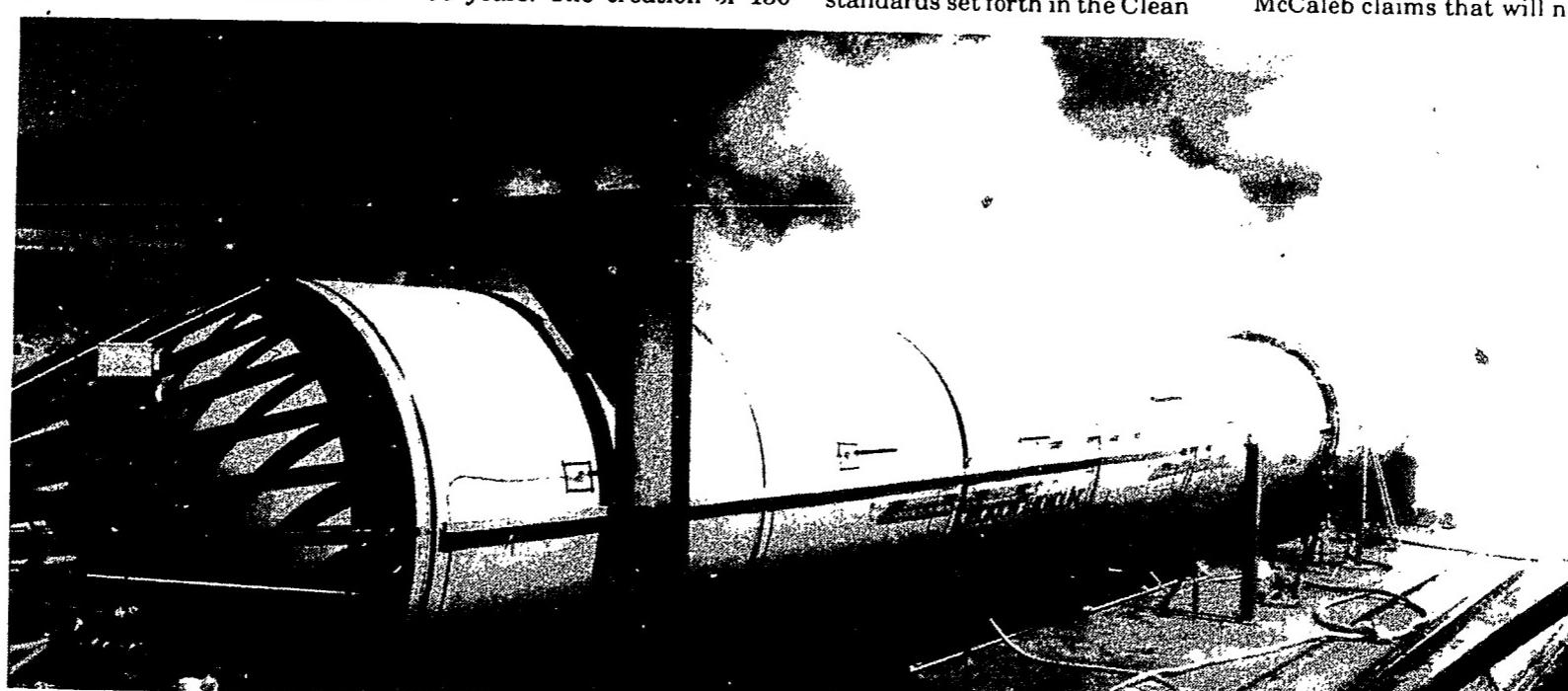
According to Sverdrup's evaluation, "if a low-pH rain were to occur over any local environment other than the open ocean, the impacts would be immediate and severe. Many types of plants would be killed, resulting in long-term damage to local productivity (both ecological and economical)."

The damage would not be confined to plants and animals, however, the document says.

"Man-made structures would also be damaged by the reaction of acid with concrete, painted surfaces, etc.," it says.

The amount of acid produced by the tests in one year would have to disperse over approximately 40 square miles, to be reduced to the levels found in areas in New England most severely damaged by acid rain, according to calculations done by Dr. Chris Cronan, associate professor of botany and forest biology at the University of Maine.

ASRM—Page 3A



A solid rocket test firing, similar to those proposed for Stennis Space Center, being conducted at a Thiokol Corporation facility in Utah. (Photo courtesy Thiokol Corporation)

State auditor's office enforces requirements for vendor licenses

BY DENA BISNETTE

Any vendor who wants to do business with a county in Mississippi must purchase a vendor's license from the Mississippi State Auditor's Office.

According to Greg Pfeiffer, Hancock County purchase clerk, the majority of vendors dealing with the county already have such licenses, but some of the newer ones may be unaware of the requirement.

"This allows the state auditors to review the books of vendors in comparison with those of a county, if they need to do it," he explained.

The requirement is part of the Mississippi Code of 1972 and has existed for a number of years, but is now being more strictly enforced, the clerk added.

Along with House Bill Four, enacted last year as part of the state's county government reform legislation, the vendor's license regulation is expected to help perfect the centralized

purchasing system now mandatory for Mississippi counties.

Section 19-13-71 of the code specifies, with regard to any goods or services, not specifically exempted under other regulations, sold to the county:

"Every bid or offer filed with any county in this state for the sale to it of any such personal property, or the making of repairs thereto, and every claim filed with any county seeking payment for any such property or repair work, shall bear the license number of the party by and for whom the same is filed,

or, if a claim exceeds \$100, the sworn statement that the total volume of such sales and repair work does not exceed the sum of \$1,500 in any one year, and any claimant knowingly filing such a sworn statement that is not true will forfeit his claim in addition to being liable for criminal prosecution for perjury."

The statutes say any written communications about transactions covered must bear the vendor's license number.

A clerk who fails to put the number on any claim covered by this statute must forfeit \$1,000 on his official bond to the county. Each member of the board is liable for up to \$1,000 as well, unless he has voted against approval of the claim involved.

If a business changes location, officers, partners, ownership, names, bonds or bonding companies, the auditor's office must be notified in writing within 30 days.

State contract vendors who deal with counties are not exempt from the requirement for a vendor's number.

Applications for vendor license numbers can be picked up at the purchase clerk's office, across Main Street from the Hancock County Courthouse.

Pfeiffer said the audit department issues a license the same day qualified applications are received, so very little delay in business is involved. The application fee is \$25.

Youth charged in capital murder

BY DENA BISNETTE

A 17-year-old juvenile has been jailed without bond in the capital murder of a Slidell, La., man.

Bay St. Louis Police Chief Ray Murphy said the victim has been identified as Charles E. Daniels, 37, of Slidell.

Murphy said Gino Tillman, 17, of 763 Washington St., Bay St. Louis, was charged with capital murder Wednesday and has

been jailed without bond.

Capital murder charges apply when another crime has been committed along with the murder. In this case, Murphy stated, the victim's car was stolen.

The body was found in the 600 block of Keller Street by a pedestrian, who told authorities he could see it lying in a ditch from the other side of the street.

Daniels was killed by a shotgun blast, Murphy said. An autopsy was performed late Wednesday and results are expected later this week.

The police chief said authorities are still looking into the circumstances of the murder and could provide no details by *The Sea Coast Echo's* Wednesday night press time.

Detective Tom Burleson is in charge of the investigation.

ON PATROL

CRACK ARREST

A joint effort between the Waveland Police and Hancock County Sheriff's Departments led to the arrest of a Waveland man on drug charges.

Charles Wesley Bruns, 29, Dufour Lane, Waveland, was arrested at his home Tuesday evening. He is charged with possession of a controlled substance with intent to distribute, according to Sheriff's Investigator Glen Strong.

Because Bruns is a parole violator, he has been incarcerated in Hancock County Justice Facility without bond, Strong said.

The arrest was made after the execution of a search warrant turned up 17 rocks of crack cocaine and a small amount of marijuana, Strong said.

Waveland Investigators Robert "Poochie" Tartavouille and Sandra Henley, in charge of the investigation, were assisted by Strong.

By D.C. Harvill

Bearly there

Elusive black bear escapes captors

BY ELLIS CUEVAS

A black bear has been reported in the Cedar Point area several times since early Sunday morning.

William Collins of the State Department of Wildlife, Fisheries and Parks said his department is attempting to capture the elusive bear and transport it to a more rural area.

Dunbar Avenue resident David Necaise and his family viewed the bear as it crossed a fence into his yard from a thicket and walked to the back of his property about 8:45 a.m. Sunday morning.

Necaise said, "I thought the animal was a large dog in the thicket and was after my cats. I went into the house and looked out a window, I saw a black large animal in my yard."

Necaise reported his wife and children watched the bear as it

walked to the back of his property and disappeared into the woods.

A little while later as officers were at the Necaise residence, a motorist reported seeing the bear on Engman Avenue.

Collins said the bear will have to be moved quickly when captured because it could go into shock.

Officers are trying to isolate the area where the bear is, because when he spots people, he moves out of the area immediately.

Bay St. Louis Police officers and Hancock County sheriff's deputies are all assisting the conservation officers along with their department's district biologist.

The bear was tracked on Monday night and all day Tuesday.

Collins emphasized the fact

that the bear is well protected by state as well as federal laws.

The bear is estimated to weight 250-300 pounds and is about 3 1/2 to 4 feet in length.

Collins reports a bear usually has a 15 to 20 square mile territory.

Leo Ladner, Hancock County deputy sheriff, reported he and his father had seen several bears about 25 years ago in the Diamondhead area, as well as by the hotel near DuPont before the properties were developed.

Collins said the bear could take off any time, swim the Jourdan River and escape across the marsh to wooded areas north of the bay.

Anyone seeing the bear is asked to keep his distance and report the location to the Bay St. Louis Police Department at 467-9221 or the Hancock County Sheriff's Department.

FISHING RODEO

The sixth annual Gulf Coast Sportsman's Club Kids Fishing Rodeo for boys and girls ages 13 and under will be held Saturday from 6 a.m. to 5 p.m. Registration is free and will be until 2 p.m. at Beach Boulevard and Washington Street, Bay St. Louis.

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ONE DAY SALE

The Humane Society will hold a sale of the donated furnishings of a condominium complex on Saturday from 1 a.m. to 6 p.m. The sale of assorted merchandise will be held at the Hancock County Center, a short distance west of Waveland on US 90.

Time & Temp

467-9051

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BENEFIT DINNER

The Waveland Improvement Project will hold a benefit dinner on Sat., Aug. 29, noon to 6 p.m. at the Martin Luther King Memorial Park, Herlihy Street, Waveland. Proceeds from the dinner will be used by the association for community projects, Clarence Harris, president said. The public is invited.

OBITUARIES

CARRIE DYSON
NED LOUIS LEBLANC SR.
DAVID LEE JR.
RALPH MITCHELL
MARY MORAN
S. GRADY THIGPEN JR.
EDWARD THRASH SR.
TEDDY WEAVER

CARRIE DYSON
Mrs. Carrie Dyson, 81, of Bay St. Louis died Monday, July 24, 1989, in Bay St. Louis.

The body was sent from Edmond Fahey Funeral Home in Bay St. Louis to Tharp-Sontheimer-Tharp Funeral Home, 1600 North Causeway, Metairie, La., for services and burial.

NED LOUIS LEBLANC SR
Ned Louis LeBlanc Sr., 74, of Gretna, retired general manager of Russel's Sunshine Ice Cream, died Friday in New Orleans.

He is survived by his wife, Alma Hicks LeBlanc; four sons, Easton of Gretna, Ned Jr. of Metairie, James of Portland, Ore., and Robert LeBanc of New Orleans, six daughters, Doris LeBlanc, Joyce Duke and Barbara Normand of New Orleans, and Janice Stiebing, Alma Hesse and Mary Ford of Metairie, two sisters, Mrs. Corinne Spedden of New Orleans, and Mrs. Doris LeBlanc of Baton Rouge, La.; five brothers, Clyde John LeBlanc of Bay St. Louis, Richard J. LeBlanc of Baton Rouge, Percy J. LeBlanc of Baton Rouge, William J. LeBlanc of Baton Rouge, and Louis G. LeBlanc of Donaldsonville, La.; 35 grandchildren and 16 great-grandchildren.

A Mass of Christian burial was celebrated Monday morning at St. Joseph Church in New Orleans, followed by interment in Garden of Memories Cemetery.

DAVID LEE JR.
David Leland Lee Jr., 27, of Picayune, died Sunday, July 23, 1989, in Hancock County.

Mr. Lee was a maintenance worker on an offshore oil rig. He was a member of St. Paul Lutheran Church.

Survivors include his parents, Mr. and Mrs. David Leland Sr.; a daughter, Miss Mindy Marie Lee, all of Leetown, and a brother, Dr. Michael J. Lee of Picayune.

Services were conducted Wednesday morning at MacDonald Funeral Home chapel in Picayune. Burial followed in New Palestine Cemetery in Picayune.

RALPH MITCHELL
Ralph Mitchell, 52, of New Orleans died Sunday, July 23, 1989, in New Orleans.

Mr. Mitchell, a native of Logtown, was a member of Greater Mount Zion Methodist Church of Picayune.

Survivors include his wife, Vernardine Mitchell of Lexington, Ky., five sons, Gerard Mitchell, Johnny Mitchell, Brian Mitchell, Mark Mitchell and Mike Mitchell, all of Lexington; five sisters, Annie Mae Dixon, Ann Mitchell and Virginia Doty, all of Pearlington, Jerome B. Robinson of Lexington, and Ruby Mitchell of Chicago; and two brothers, Robert Mitchell of Waveland and William Mitchell of New Orleans.

Card of Thanks

The family of Naomi Young would like to express their appreciation to those who provided support in our time of need.

There are many of you whose addresses we don't know and yet your care and concern is met with heartfelt thanks.

T. C. Young and Family

Services were conducted Wednesday at the Greater Mount Zion Methodist Church in Pearlington. Burial followed in Lindsey Cemetery in Logtown.

MARY MORAN
Mrs. Mary Geneva Hoda Moran, 72, Kiln, died Tuesday, July 25, 1989, in Gulfport.

Mrs. Moran, a native of Kiln, was a member of Annunciation Catholic Church in Kiln and the St. Vincent DePaul Society in Kiln. She was preceded in death by her husband, Carl J. Moran Sr.

Survivors include four sons, Dr. Carl J. Moran Jr. of Raymond, Lowell Moran of Cincinnati, Warren Moran and Philip Moran, both of Kiln; four daughters, Mrs. William (Helen) Teachout of Herndon, Va., Mrs. Gregory (Edna) Lutz of Gulfport, Mrs. Jack (Frances) Gordy and Mrs. Woodsen (Barbara) Westerfield, both of Jackson; and 18 grandchildren.

Visitation was Wednesday evening at Edmond Fahey Funeral Home in Bay St. Louis. A procession will leave the funeral home at 12:30 p.m. Thursday to go to a 1 p.m. Mass at Annunciation Catholic Church in Kiln. Burial will be in St. Joseph Cemetery at Rotten Bayou.

S. GRADY THIGPEN JR.
Samuel Grady Thigpen Jr., 64, former Picayune mayor and longtime businessman and civic leader, died Monday, July 24, 1989 in New Orleans.

Mr. Thigpen was president and chief executive officer of First National Bank of Picayune. He began a popular local morning radio show "Thigpen Store News" on radio station WRJW. He was a member of First Baptist Church of Picayune.

Survivors include his wife, Shirley B. Thigpen; two sons, S. Grady Thigpen III and Thomas F. Thigpen, all of Picayune; a daughter, Ann L. Thigpen of New Orleans; his mother, Lorraine T. Thigpen of Picayune; a sister, Anallynn Holloway of Baton Rouge; and four grandchildren.

Funeral services were conducted Wednesday at First Baptist Church, followed by burial in New Palestine Cemetery. McDonald Funeral home was in charge of arrangements.

Services were conducted Wednesday morning at Macdonald Funeral Home chapel in Picayune. Burial followed in New Palestine Cemetery in Picayune.

BY DENA BISNETTE
The Bay Waveland School Board has not yet named an assistant superintendent.

After accepting two routine staff resignations and hiring seven people, mostly teachers, the board went executive session for about two hours to discuss personnel Tuesday, but

EDWARD THRASH SR.
Edward Jackson Thrash Sr., 58, of Picayune died Saturday, July 22, 1989, in Picayune.

Mr. Thrash was a welder for a shipyard.

Survivors include his wife, Yvonne Lee Thrash of Picayune; two sons, Edward Jackson Thrash Jr. of Picayune, Anthony Kent Thrash of Jackson; a brother, Joe Thrash of Hattiesburg; two sisters, Mrs. Dorothy Lee and Mrs. Dean Lee, both of Leetown community; his parents, Mr. and Mrs. Edward D. Thrash of Picayune; and a granddaughter.

Services were conducted Monday at Lee's Chapel No. 2 Baptist Church in Leetown with burial in Leetown Cemetery. McDonald Funeral Home

in Picayune was in charge of arrangements.

TEDDY WEAVER

Teddy Lynn Weaver, 15, of Ripley, Miss., died July 20, 1989 in Ripley. He was a student at Blue Mountain High School and a Baptist.

Survivors include his father, Johnny Weaver Sr. of Somerville, Tenn.; his mother, Kathie Sides Clark of Waveland; three brothers, Johnny Weaver, Tony Weaver and Christopher Weaver, all of Ripley; a sister, Brenda Michelle Weaver of Somerville; and grandparents, Mr. and Mrs. Earl Sides of Ripley.

Ripley Funeral Home was in charge of arrangements on Sunday, July 23, followed by burial in New Salem Cemetery.

Leetown man dies in Sunday accident

BY D.C. HARVILL

A one-car accident Sunday night claimed the life of a 28-year-old Leetown man.

David Leland Lee Jr. died when he was hit by his own pickup truck after being thrown from the vehicle, according to Hancock County Sheriff Ronnie Peterson.

"He apparently lost control and ran off the road, causing the truck to flip," Peterson said.

Lee was pronounced dead at the scene by Hancock County Medical Examiner Harold Stiglet, who stated that the death was caused by injuries to the head.

The Sheriff's Office received the call about the accident at 9:25 p.m. on Leetown Road, Peterson said.

Deputy Kenneth Hurt is in charge of the investigation into the cause of the accident.

Historical Society plans lunch-time program

Hancock County Historical Society will meet at the Bay-Waveland Yacht Club today at noon for a dutch treat lunch.

The program will be "Bay St. Louis—a Historical Health Resort Town." Recounting the past when tourists from all corners came here for the clean water, smell of pine trees, mineral springs, gardens and the

tranquility of a sea resort community.

Sherri Schwabacher will be guest speaker along with Portia Labat, whose grandmother worked with Dr. L. H. Von Gohren at his health spa, and J. E. Loiacano will update and talk on the modern versions of health fitness.

The public is welcome to attend.

Bay schools remain without assistant superintendent

BY DENA BISNETTE

The Bay Waveland School Board has not yet named an assistant superintendent.

After accepting two routine staff resignations and hiring seven people, mostly teachers, the board went executive session for about two hours to discuss personnel Tuesday, but

announced no action.

Due to regulations governing executive sessions, board members are required only to give a generalized description of the topic to be discussed, such as "personnel," and therefore, the discussion may or may not have included the vacant assistant superintendent position.

Had the board made any decision, the members would have had to come out of executive session before voting.

A special meeting tentatively scheduled for Wednesday, then cancelled, also had "personnel" as an item on the agenda. A new meeting date has not been announced.

Home furnishings available at Humane Society sale

The Humane Society has received a donation of home furnishings from a condominium complex in Long Beach. The merchandise is in very good condition and consists of beds, springs, mattresses, bedding, tables, chairs, lamps and more.

There will be a special one-day sale of these items on Saturday, July 29 from 10 a.m. to 6 p.m. It will be held at the Hancock County Community Center, a short distance west of Waveland on US 90.

The proceeds of this sale will go into the Humane Society

Shelter Fund. "We invite everyone who is looking for good furniture at

very affordable prices to come.

Everything is cash and carry,"

said Thyla Rogers, president.

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Highway 607 contract awarded

The Mississippi State Highway Commission has awarded a contract for work in Hancock County, according to Southern District Highway Commissioner Ronnie Shows.

At a contract cost of

\$549,284, Necaise Construction Inc. of Gulfport received the award as the low bidder.

Shows said the contract provides for the milling and overlaying of approximately six miles of Mississippi Hwy. 607 beginning at US Hwy. 90 and

ending at Interstate 10.

Shows explained that the overlaying process creates a smoother, safer surface to travel upon as well as helps to increase the life expectancy of the roadway.

The commissioner said he is pleased funds are available for this much needed project.

He urges all who drive through the work zone to use extreme caution.

The completion date is Dec. 12, 1989.

Parents Without Partners meeting set August 3

Parents Without Partners will meet Thursday, Aug. 3 at Gaston Hewes Recreational Center, 2608 17th Street in Gulfport at 7:30 p.m.

This week's guest speaker is Dianna Zinn, well known psychic from Ocean Springs. Ms. Zinn, a noted writer, speaker,

mystic, counselor and teacher, will present a program on "Self Responsibility and Blame."

The public is invited to attend this meeting.

Ms. Zinn speaks regularly to business, church and social groups throughout the country.

DAR Southern District workshop slated Aug. 10

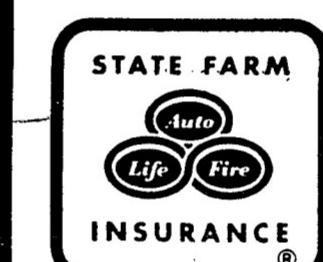
The Southern District workshop of the Mississippi State Society of Daughters of American Revolution will be Wednesday, Aug. 10. Registration and coffee will begin at 9 a.m. The opening session at 9:30 a.m. will be followed by lunch at 12:30 p.m.

Members reservations of \$5 for luncheon must reach Mrs. Betty Holmes, 2010 Evergreen Lane, Hattiesburg, MS 39401 by Aug. 2.

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AS

"It sounds environmental they (NASA) Cronan said.

The EIS in problems may be due to the elimination that Cronan.

Liming the large tracts of land.

Health effects include exposure nose, throat and cause erosion and soil accretion fact sheet.

According to certain levels of the hair-line

If human buildup in the emphysema and Susan Wuerth mental Protec

in Denver.

When asked if there is fluid in the McCalib said, "no."

FALSE ASSUMPTIONS

The EIS state of hydrogen chloride seven miles away.

Because each the EIS assumes place is dependent on wind speed and pressure.

Projections in behavior are based on solid rock Utah and at Keweenaw according to McCalib.

Conditions are radically different from tests at the sparsely populated saline soil, according to Raab.

LOCAL

CLASS OF '81

An organization of persons planning a reunion for the Bay St. Louis Class of 1981 July 27 at 6:30 p.m. at the Hotel Hall on St. Louis.

For more information call 466-3154 or 832-

ASRM

Continued from Page 1A

"It sounds like a dose of acid that could be environmentally damaging and I don't think they (NASA) have adequately addressed that," Cronan said.

The EIS indicates that any potential acid problems may be handled by application of lime, a solution that may not be feasible, according to Cronan.

Liming the amount of area affected, including large tracts of forest, "would be a huge undertaking," Cronan said.

HEALTH THREATS

Health effects associated with hydrogen chloride exposure include irritation of the mouth, nose, throat and eyes. The chemical also "may cause erosion of the teeth," some time after exposure, according to an EPA hazardous substance fact sheet.

According to the EIS, rabbits exposed to certain levels of the gas experience death of their cilia, the hair-like structures in lungs that aid in the elimination fluids.

If human cilia are severely damaged, fluid buildup in the lungs creates a situation similar to emphysema and can result in death, according to Susan Wuerthle, a toxicologist with the Environmental Protection Agency's District Eight office in Denver.

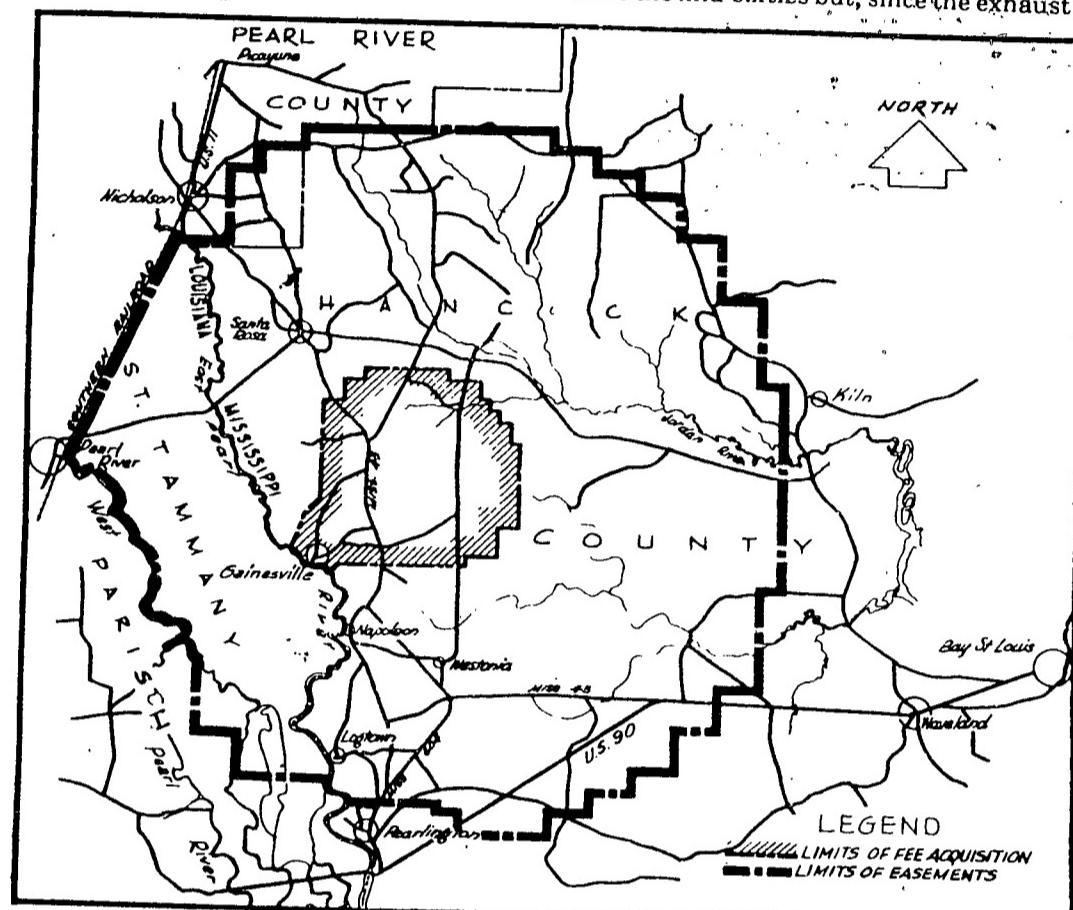
"Our tests are conducted in a bowl—the site is surrounded on three sides by mountains rising 1,000 to 2,000 feet above the test site. The side that is open faces Great Salt Lake—there is nothing in that direction for 70 miles. About the only comparison that can be made between testing at the two sites is that it is one whale of a test," Raab said.

While natural conditions at Kennedy are similar to those at SSC, rockets fired there leave the launch pad at great speed allowing the exhaust cloud to automatically disperse over the expanse of the Atlantic Ocean.

According to McCaleb, a "state-of-the-art meteorological station" will be constructed at Stennis to monitor weather conditions during the project.

The Florida Department of Environmental Regulation, in a response to the draft EIS included in the final version said, "The DEIS indicates that the development of these facilities at Kennedy would result in significant environmental impacts to wetlands, floodplains, wildlife, dunes and air and water quality," a letter from the Florida Department of Environmental Regulation stated.

NASA has tested liquid-fuel rockets at SSC since the mid-sixties but, since the exhaust cloud



Stennis and Buffer Zone 1961

When asked if hydrogen chloride will combine with fluid in the lungs to form hydrochloric acid McCaleb said, simply, "Yes".

FALSE ASSUMPTION, FLAWED PROJECTIONS

The EIS states that the highest concentration of hydrogen chloride will occur approximately seven miles away from the test site.

Because each test will last only two minutes, the EIS assumes exposure to the hydrogen chloride also will be for only two minutes. Based on that assumption, the EIS claims the concentration of hydrogen chloride at seven miles will be within levels set by health safety standards.

After the exhaust cloud leaves the engine, however, the length of time it remains in one place is dependent upon meteorological conditions: wind speed and direction, humidity, barometric pressure, precipitation, etc.

Projections in the EIS for the exhaust cloud's behavior are based on firings at a Thiokol Corporation solid rocket manufacturing facility in Utah and at Kennedy Space Center in Florida, according to McCaleb.

Conditions at Kennedy and Utah are drastically different from those at Stennis Space Center. Tests at the Thiokol facility are conducted in a sparsely populated, arid region that has an alkaline soil, according to Thiokol spokesman Rocky Raab.

from those firings contained mostly water vapor, environmental impact has been minimal.

NEW SCHOOL SITE NOT CONSIDERED

The EIS takes into account the presence of Stennis Air Park at the eastern perimeter of SSC's acoustic buffer zone, but makes no mention of the new Hancock County Junior/Senior High School being built adjacent to the park, approximately seven miles from the test site.

The school had been planned for that location before the final EIS was written.

"There are a lot of structures located just outside the perimeter of the buffer zone and we would have had to list them all if we included the school," McCaleb said.

ALUMINUM AND ALZHEIMER'S

The great quantity of fine particulate aluminum in the exhaust cloud compounds the potential hazards involved with ASRM testing at SSC. Scientists are just beginning to discover the dangers involved with the common element.

McCaleb said no adverse effects are expected due to aluminum emitted into the atmosphere by the tests.

Recent developments in medical research implicate aluminum as a major contributing factor in the occurrence of Alzheimer's disease, the fourth most frequent cause of death in the U.S.

ASRM—Page 10A

LOCAL BRIEF

CLASS OF '81

An organizational meeting of persons planning a 10-year reunion for the Bay Senior High School Class of 1981 will be held July 27 at 6:30 p.m. at the Jaycees Hall on St. John Street in Bay St. Louis.

For more information, call 466-3154 or 832-0393.

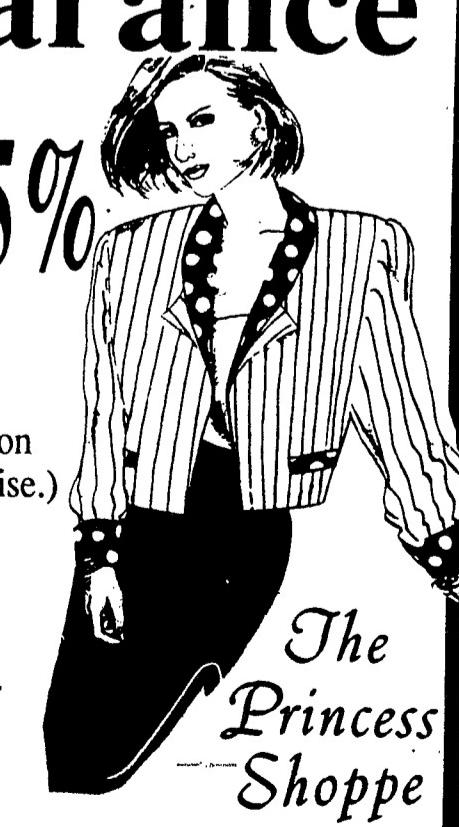


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"QUOTEABLE QUOTES"

By Ellis C. Cuevas

Some folks thought I was joking while talking to them about a bear being near their back yards Sunday morning.

I know David Necaise and his family were really surprised when the animal appeared in their yard from a chicken coop next door.

David said he thought a dog was in the woods trying to harass his family's cats and was in the process of trying to chase the animal away.

The animal has definitely been identified as a bear, and all citizens should realize that bears are protected by state as well as federal laws.

Bears are not uncommon for Hancock County as I have talked to some residents who have seen them on occasions prior to the development of Diamondhead and the Dupont plant.

Conservation officers would like to capture the bear and move it to a more suitable habitat, as the animals usually need some 20 to 30 square miles of territory.

We urge residents to call the sheriff's office or Bay Police Department if they happen to spot the animal and they will contact the conservation officers.

We will let you know the outcome of "the bear that came to town."

On Saturday youngsters will have an opportunity of proving what good fishermen they really are at the sixth annual Gulf Coast Sportsman's Club Kids Fishing Rodeo.

The fishing event's headquarters will be in Bay St. Louis at the American Legion Memorial Pier, Beach Boulevard and Washington Street.

Registration is free and will be open to boys and girls ages 13 and under.

Members of the Sportsman's Club have been very busy in recent days making preparations for the annual fishing rodeo which had some 400 participants last year.

There are many prizes to be awarded for the largest fish in several divisions as well as random drawings for the registrants.

I think the fishing rodeo is great and it makes me feel good to see the number of parents with their children.

The rodeo begins at 6 a.m. with the scales closing at 5 p.m.

Registrants will receive a free Coke and hot dog.

We hope to see many young anglers participating in the competition.

Isn't it great to see the lights once again on the Ulman Avenue Pier?

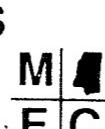
Councilman James Rutherford said he counted more than 100 people on the pier Saturday night.

This is a fine recreation area, some people fish while others just take advantage of the lights and cool breezes to take a nice walk on the one-quarter-mile pier.

The pier is the property of all citizens and I am hoping it will be properly used and enjoyed by all.

THE PEOPLE'S BUSINESS

From the Mississippi Economic Council



Newcomers to state enjoy being here

Practically every community in Mississippi can boast a citizen who has moved to the state and has enjoyed being here. These are the people who should be called upon when a good word is needed for Mississippi.

From Lula, to Pearl, to Bay St. Louis, industrial officials, administrators and office professionals who have moved to Mississippi from other states are bragging about many of the

things that longtime residents sometimes overlook.

A NASA administrator in Hancock County recently noted that when funding was cut for the Stennis Space Center several years ago, many of the PhD scientists made short-term career sacrifices to stay in the Magnolia State.

A top official at a communications company in Rankin County recently asked his sons

Continued on Page 5A

The Sea Coast Echo

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Managing Editor

Jeffrey J. Favre-Circulation Supervisor



BEAR TRACKING—Bay Police Chief Ray Murphy, right, and Patrolman Don Ocsco check bear tracks early Sunday on Engman Avenue. A black bear was spotted in the back yard of the David Necaise residence on Dunbar Avenue and was later seen crossing Engman Avenue in addition to other sightings in the Cedar Point area of Bay St. Louis. Mississippi Department of Wildlife, Fisheries and Parks agents are in the process of trying to capture the animal. (Echo staff photo by Ellis Cuevas)

BULLETIN

TO: CITIZENS OF HANCOCK COUNTY, MISSISSIPPI
FROM: NICHOLAS M. HAAS,
HANCOCK COUNTY PUBLIC DEFENDER

DATE: JULY 26, 1989

If any citizens or law enforcement officers spot the Black Bear, you are instructed under penalty of Federal Law to do nothing except read him his rights as follows:

1) You have the right to remain free and roam at will.
2) You have the right and choice to destroy property and obtain food as you deem necessary.

3) You have the right to say anything you desire, and

nothing will be held against you.

4) If you cannot afford a lawyer, one will be appointed to you at no cost.

5) If you are unable to obtain proper housing, medical and sufficient food, same will be supplied to you at no cost by the Sheriff of Hancock County, Mississippi.

6) You have the right at anytime to exercise these rights and may continue or stop as you deem necessary.

HAVE THE BLACK BEAR IMPRINT HIS RIGHT FRONT PAW AS EVIDENCE OF BEING ADVISED OF HIS RIGHTS.

FROM THE CAPITOL

By Governor Ray Mabus

30 counties ask for assistance due to weather-related floods

The July 4th weekend of 1989 will not soon be forgotten for many Mississippians threatened by flood waters. At a time when we should have been celebrating our nation's independence, many citizens were helping each other in a real time of need.

Our losses were not measured in damage to property alone. It was also measured in the loss of lives.

It renewed my faith in humanity, however, to see so many people reach out to their fellow citizens in a time of crisis.

After speaking to many of those affected during the flood, I want to commend all the neighbors, volunteers and emergency officials at every level who worked so hard to cope with the recent flooding.

So far, 30 counties have asked for assistance under the emergency proclamation I issued on July 3. These counties are located in every area of the state. The damage ranges from crops and houses to roads, bridges and other public facilities.

Mississippi is now waiting to hear from the federal government as to whether federal assistance will be forthcoming. We have formally requested assistance in insuring that immediate relief is provided to Mississippi and its people from the appropriate federal agencies. I know our congressional delegation is working with us to ensure Mississippi is given proper consideration for relief.

Controlling the forces of nature is a battle as old as creation. We do the best we can, knowing that it may never be quite enough.

One such effort to control the forces of nature is the federally-

funded Yazoo Basin Projects in the Delta, which offer hope that we can better protect both agricultural and residential property from the ravages of flooding.

Earlier this year, we released a special task force report on the Yazoo Basin Projects. The task force found the projects play a very important role in providing needed flood protection.

I believe everyone concerned about flooding in the Delta recognizes the value of these projects.

At the same time, the report noted that environmentally sensitive projects need to be studied to make sure that the projects do not cause irreparable damage to natural wetlands, recreational areas, migratory waterfowl habitat, and hunting and fishing areas.

It is clear that everyone also recognizes the importance of protecting the environment for future generations of Mississippians.

When we toured the Delta earlier this month, I saw firsthand the devastating effect of the weather-related flooding.

Now, and in the future, I am committed to working with those affected by the rains of July. I am likewise committed to help all the citizens of Mississippi who have seen their lives and livelihood washed away by the whims of nature.

In the meantime, we will continue to do what we can at the state and local level to provide protection and relief from floods.

With cooperation and common goals, there is hope. We may not be able to stop flooding, but we can make a difference in protecting Mississippi's abundant resources.



IN CONGRESS
By Congressman
LARKIN SMITH

Why we need Camp Shelby

Camp Shelby is in a crisis. The Department of Defense budget has decreased in each of the last six years. In order to cut costs, the Defense Department is looking to close installations that are no longer needed.

Because Camp Shelby does not have sufficient land to maneuver tracked vehicles, it is in danger of losing the last three armored brigades that train there—including Mississippi's 155th Armored Brigade. With no brigades left to train, Camp Shelby immediately becomes a prime target for base closure.

However, there is one encouraging sign. The U.S. Forest Service and the Department of the Army are working on a proposal to provide Camp Shelby with 32,000 acres for the needed maneuver area. Such a deal would ensure Camp Shelby's continued operation well into the future.

As of yet, Mississippi's congressional delegation has not been presented with a final, detailed proposal. Such a proposal takes time to work out because of the many issues involved.

We have, however, been presented with the facts and issues and have carefully considered all of them. We are also seeking as much additional information as we can obtain from the National Guard and the National Forest Service to make sure that all public concerns are addressed.

Here, in a nutshell, are the major points that must be considered before a land deal for Camp Shelby can be made:

* **No Nukes:** Nuclear waste will never be stored at Camp Shelby. Federal law, passed in 1984, prohibits use of land owned by Camp Shelby for storage of nuclear waste. This also will be written into any agreement on a title exchange.

* **Environment:** All environmental concerns will be addressed prior to the exchange. I personally plan to hold a meeting with environmental groups to address their concerns.

* **700 Jobs:** If Camp Shelby closes, more than 700 Mississippians will lose jobs.

* **\$75 Million:** If Camp Shel-

by closes, \$75 million will be taken from the local economy. \$19 Million: If Camp Shelby is expanded, the local jobs will be safe with some additions to the workforce, and an additional \$18.75 million will be added to the local economy.

Wildlife: The Mississippi National Guard also proposes that the Wildlife Department continue its game management activities on the management area, and that the game management area be expanded by 10,500 acres.

* **Hunting:** The Mississippi Military Department proposes to organize a Rod and Gun Club at Camp Shelby to provide more access to the lands for the sportsmen. Training will be halted during the winter hunting season and spring turkey seasons to allow the public the same access to the lands as they currently enjoy. Military live firing will be prohibited in this area. All live weapons firing takes place within restricted air space.

* **Timber:** Under any final proposal, the counties involved will continue to receive the same amount of timber sale revenue for schools and roads as they do now. Proposed timber management by the Department of Defense will be essentially the same as the present. Additionally, the Mississippi National Guard will provide maintenance of roads and replacement of bridges in the counties.

The people of the Fifth District put their trust in me when I came to Congress. They have trusted me to try to improve the economy of South Mississippi. They have trusted me to try to prevent their jobs from being taken away from them. They have trusted me to protect the funds they receive for their local roads and schools.

They have trusted me to uphold their hunting and fishing privileges in DeSoto National Forest. They have trusted me to keep nuclear waste out of the salt domes and protect the environment.

The people of my district gave me their trust, and in any Camp Shelby title exchange, I will uphold their trust.

WASHINGTON REPORT
By Senator Thad Cochran

Seeks administrative, legislative action for flood-damaged farmers

work ethic.

Another top official in Iowa, now at a manufacturing company in Central City, says his colleague's corporate leaders can't believe the growth in sales has been growing 5 to 10 percent every year for the past five years.

These are the people whose prospects will listen. We must make sure they are involved in our efforts.

Another factor is that commercial growers of fruit are no longer seem to have all the money around our neighborhood either! So much for

Serenity

BY DENA BISHOP
Two Gulf Coast towns featured at "Sunset Serenity" this weekend.

The Sunday tea

featuring series of photo

featuring the w

Mr. and Mrs. James Smith, birth of their third child, at Memorial Hospital. She weighed 9 pounds. Mrs. Smith is the maternal grandmother of Paternal grandfather of Miss. and the late Mr.

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370 Courthouse

Serenity tea to feature Lever, Randolph

BY DENA BISNETTE

Two Gulf Coast artists will be featured at "Sunday Tea at Serenity" this weekend.

The Sunday teas are a continuing series of presentations featuring the work of Gulf

Coast artists at Serenity, Main Street, Bay St. Louis. Sunday's tea, "Echoes of the Past," will be from 3 p.m. until 6 p.m. and feature the works of Brenda Randolph and Vicki Lever.

Both artists are from Long

Beach. Randolph uses a technique similar to collage to create pieces influenced by her studies of ancient Mayan civilization, while Lever creates what she terms "box constructions" using various items of memorabilia that she says look like "things from my grandfather's attic."

Randolph's works are designed for hanging, while many of Lever's pieces are actually boxes, useful in addition to being artistic works.

In creating them, Lever said she has been influenced heavily by her great uncle Lige, who collected the type of materials she uses. Her boxes showcase items ranging from dried flowers and old sheet music to antique eyeglasses and photographs.

Lever has been a full-time artist since 1981, showing her works at various locations, touring to show and sell her works at various locations; her most recent show was at Lincoln Center in New York City. She is now expanding her tours into other locations.

Randolph, who describes herself as "a person following her bliss" since she changed from a part-time artist to a full-time artist about 18 months ago, has been staging private exhibits. Her most recent was at the office of Dr. Donald L. Roberts in Gulfport.

During the past six to seven months, she has changed the style of her work completely to include the Mayan influence, and said the Serenity exhibit will be representative of this new trend.

The public is invited to attend.

THE SEA COAST ECHO—THURSDAY, JULY 27, 1989-5A

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NEW

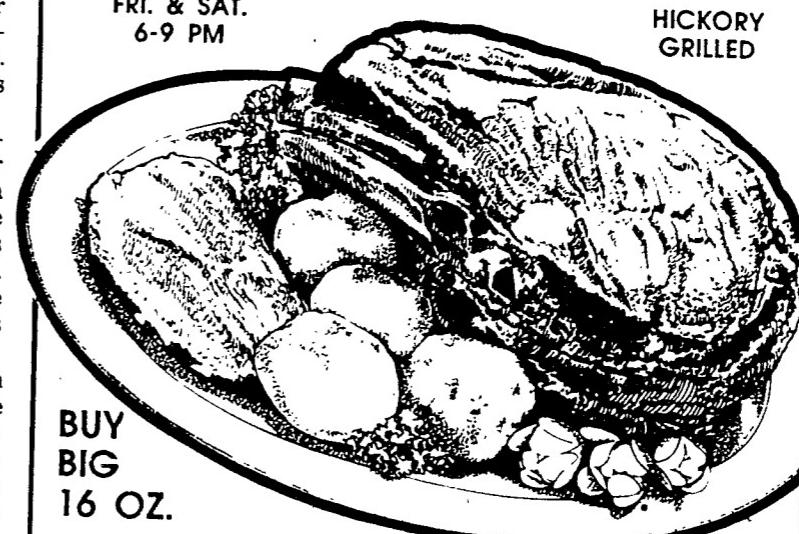
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Vicki Lever and Brenda Randolph

COOKING UP A STORM

By Katy McGuire
Caire

and all that!

Some years ago, in the off-season, Coast seafood canneries packed those luscious figs which housewives—and many a youngster—had picked from their backyard trees.

And many canned figs ended up as a special treat on the railroad dining cars of the time.

Fresh figs aren't so easy to find anymore, are they? But, with my fig trees gone, I still enjoy delicious figs now and then in a sort of "show the wealth" movement of sorts.

A close friend of mine was recipient recently of a basket of fresh, ripe, wonderful figs, which she shared with me and I in turn shared with another close friend.

By that time, of course, there weren't any more figs to share with anyone else. We all enjoyed them!

If you have a fig tree or so, or can get your hands on some fresh figs, perhaps at the Farmer's Market or elsewhere, you

may want to enjoy:

FIG MOUSSE

1 cup crushed fresh figs
3 Tbsp. lemon juice
1/2 cup powdered sugar
1 cup heavy cream, whipped

Fold lemon juice and sugar into crushed figs. Fold in whipped cream. Put into freezing tray, then freeze until firm. (Four to six servings.)

* * *

Or, if you haven't many figs on hand, try a:

FIG CUSTARD

2 cups milk
2 egg yolks
2 Tbsp. sugar
1/4 tsp. salt

grated rind of one lemon
1/2 tsp. lemon extract

Fresh figs, sliced or quartered

Scald milk in double boiler. Whip egg yolk, sugar, salt, lemon rind and lemon extract.

Pour the milk into the hot egg mixture, return to double boiler and cook just until the mixture coats the spoon. Chill.

Place a few fresh figs in a small dish, and top with the chilled custard. (Four to six servings.)

You may, of course, use pre-

served figs—your own or some you've purchased.)

* * *

And, for those:

PRESERVED FIGS

or, as we say,
FIG PRESERVES

2 quarts fresh figs

2 cups sugar

1 cup water

2 slices lemon

Blanch the figs—parboil briefly in boiling water. Combine the sugar and water in a large saucepan, and heat, stirring, until the sugar is dissolved.

Add the lemon slices and the figs, and cook very slowly until the figs are tender, and transparent—approximately 1 1/2 or 2 hours.

Fill sterilized jars with the figs then pour the syrup over them to the top of jar and seal. (2 pints)

* * *

Figs, cultivated since earliest times, not only were valued as a food source, but also were regarded as sacred in many cultures, including the ancient Hebrews, Mohammedans and the Romans.

And, the fig is the first tree mentioned in the Bible, remember—"And (Genesis 3:7) they sewed fig leaves together, and made themselves aprons."

So, enjoy your figs—fresh or dried or preserved in water or syrup, candied at Christmas or whenever.

(Copyright, 1989, Katharine D. M. Caire)

Newcomers

Continued from Page 4A

work ethic.

Another top official from Iowa, now at a manufacturing company in Central Mississippi, says his colleagues at the company's corporate headquarters can't believe the company has been growing 5 to 6 percent every year for the past 10 years.

These are the people to whom prospects will listen. We need to make sure they are included in our efforts.

BIRTH

ALEXA GABRIELLE SMITH

Mr. and Mrs. James W. Smith of Bay St. Louis announce the birth of their third child, Alexa Gabrielle, July 2, 1989 at 1:41 p.m. at Memorial Hospital in Gulfport.

She weighed 9 pounds, 3 ounces.

Mrs. Smith is the former Alison Wise.

Maternal grandparents are Elmer and Alise Wise of Picayune.

Paternal grandparents are Mrs. Mamie Smith of Morgantown, Miss. and the late Moses Smith.

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Help Your Heart

What is a Heart Attack?

The human heart basically is a muscle that pumps blood. It has its own blood vessels, the coronary arteries, that nourish it and keep it alive. In most cases when a heart attack occurs, fatty deposits composed mostly of cholesterol have lined the coronary arteries.

As these deposits build up, they progressively narrow the arteries and decrease the flow of blood to the heart. When there's a decrease in the flow of blood to the heart, the heart must work harder to pump the same amount of blood. This causes the heart to become tired and weak. When a heart attack occurs, it's because the heart can't pump enough blood to meet the body's needs.

A heart attack first begins when artery walls form a plaque, or fat-like substance, that narrows the coronary arteries. Then comes a heart attack, which is caused by a thrombus, or a blood clot, that blocks the coronary arteries. When a heart attack starts, the oxygen supply to the heart may trigger a pain in the chest. This pain, called angina pectoris, may last for a few minutes or even hours. It may feel like pressure, tightness, or a squeezing in the center of the chest, and it may radiate to the neck, jaw, or arms. If the heart attack is severe enough, it can cause a heart attack, which is a sudden, sharp pain in the chest that may last for several minutes. This pain may be accompanied by shortness of breath, sweating, and a feeling of doom.

How to Recognize a Heart Attack

If you suspect someone is having a heart attack, call 911 immediately. If you're not sure if it's a heart attack, call 911 anyway. Don't wait for symptoms to get worse. Every minute counts.

Some people experience warning signs before a heart attack. These may include shortness of breath, chest pain, or pain in the jaw or arm. However, many people don't experience any warning signs at all. For example, when a person has a heart attack, he may not know what's happening. He may just feel tired or weak. He may not want to think that he might be having a heart attack. But if he's having difficulty breathing or if his heart is racing, he should seek medical attention.

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activities. Usually there's no cause for worry. Unless the heart attack was extremely severe, most heart attack victims live and with the proper care can function as well as they did before their heart attack.

What is a Stroke?

A stroke occurs when the flow of blood to the brain is blocked. In order to function, brain cells must have a continuous, ample supply of oxygen-rich blood. If the brain cells don't get this supply of blood, they die. One of the frequent causes of stroke is the blockage of an artery by a clot that has formed inside it. When this happens, it's called a cerebral thrombosis, and a part of the brain doesn't receive the oxygen and nourishment it needs.

When a stroke occurs, nerve cells in the damaged area of the brain can't function, so the part of the body that's controlled by this area of the brain can't function, either.

The usual result of a stroke is hemiparesis (paralysis of one side of the body). A stroke can also result in aphasia, which is the loss of the ability to speak or to understand the speech of others. Loss of memory can be another result of stroke. When the brain is damaged by stroke, the effects may be slight or severe, temporary or permanent, depending on which brain cells have been damaged and how widespread the damage is. Effects also depend on how well the body restores its blood supply.

Because injured brain cells can't heal or create new cells, the prevention of stroke by modifying risk factors is very important.

Information supplied by the American Heart Association

Have Regular Medical Checkups.

Risk factors such as high

blood pressure, elevated cholesterol, excess weight, lack of exercise and cigarette smoking call for medical supervision to prevent a heart attack or stroke.

They can't function. An added problem is that the accumulated blood from the ruptured artery soon forms a clot, which may displace or destroy brain tissue and interfere with brain function, causing physical disability.

Although cerebral hemorrhages don't all result from the same cause, they're more likely to occur when a person suffers from a combination of atherosclerosis and high blood pressure.

Hemorrhage of an artery in the brain also may be caused by a head injury or by a burst aneurysm. Aneurysms are blood-filled pouches that balloon out from weak spots in the artery wall; they're often associated with high blood pressure. Aneurysms don't always cause trouble, but if one bursts in the brain, a stroke results.

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Because injured brain cells can't heal or create new cells, the prevention of stroke by modifying risk factors is very important.

Information supplied by the American Heart Association

Have Regular Medical Checkups.

Risk factors such as high

blood pressure, elevated cholesterol, excess weight, lack of exercise and cigarette smoking call for medical supervision to prevent a heart attack or stroke.

They can't function. An added problem is that the accumulated blood from the ruptured artery soon forms a clot, which may displace or destroy brain tissue and interfere with brain function, causing physical disability.

Although cerebral hemorrhages don't all result from the same cause, they're more likely to occur when a person suffers from a combination of atherosclerosis and high blood pressure.

Hemorrhage of an artery in the brain also may be caused by a head injury or by a burst aneurysm. Aneurysms are blood-filled pouches that balloon out from weak spots in the artery wall; they're often associated with high blood pressure. Aneurysms don't always cause trouble, but if one bursts in the brain, a stroke results.

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Information supplied by the American Heart Association</p

Help Your Heart

American Heart Association

Quick action can be heart attack lifesaver

Heart attacks can happen to anyone. In fact, many people suffer the symptoms of a heart attack and either fail to recognize them or refuse to acknowledge them.

"By familiarizing yourself with the symptoms of a heart attack, you can avoid delaying treatment, which could result in a more severe heart attack or even death," said George Crafton, MD, cardiologist with Hancock Medical Center.

"Recognizing the symptoms and knowing what to do when they occur could save your life, or the life of a friend or family member."



HEALTHNOTES

Contributed by
Hancock Medical Center

Lack of exercise and improper diet are two of the major risk factors for heart disease, yet almost half of all Americans never exercise and consume foods high in fat and calories.

Because it improves circulation, exercise gives the average person more strength and endurance, decreases tension, promotes relaxation and, along with the proper diet, helps control weight.

Geoff Kergosien, physical therapist at Hancock Medical Center, explained that working the heart just under the maximum heart rate level will ensure worthwhile workout.

"To determine the heart rate level at which you should work, just subtract your age from 220 and multiply by the percentage at which you want to work," Kergosien said.

Most doctors recommend working at 80 percent of your maximum heart rate, which means multiplying by .80.

"To actually measure the rate, you'd count the number of beats in 15 seconds and multiply by four," Kergosien said.

"If the rate is not as high as the number calculated, you're not working hard enough. If it is higher than the number calculated, you should slow your pace."

Aerobic exercise, which requires your heart and lungs to work at maximum capacity, is better than isometric activity, which requires resistance against fixed or heavy objects and elevates blood pressure.

Isometric exercise, such as weightlifting, can help strengthen muscles but should be ideally combined with aerobic activity.

"Depending on each person's general health, some activities may be better for that person than others," Kergosien said.

"If a person has not been exercising regularly, he must begin slowly and then gradually increase the activity. It is

important to follow a personalized fitness regime that is suited to individual health and fitness goals."

The foods you eat also play a major part in keeping your heart healthy. Consumption of saturated fats leads to high blood cholesterol levels and fatty deposits, which are direct causes of heart attacks.

"Often people are unaware of the amount of saturated fat in their food," said Jamie Rodenbaugh, consulting dietitian with Hancock Medical Center. "Total fat intake of the average individual should be no more than 30 percent of total calories."

Rodenbaugh explained that saturated fats are those found in animal products such as meat, cheese and butter. Some vegetables are also a source for saturated fats, such as coconut butter and coconut oil.

Saturated fats are harmful to the heart because they raise cholesterol levels.

Monounsaturated fats, though having no effect on cholesterol levels, contain fat-soluble vitamins. Olives, olive oil, peanuts, peanut oil, peanut butter, pecans, cashews, almonds and avocados are sources of this type of fat. They, too, should be limited in consumption.

Polyunsaturated fats should be substituted for saturated fats whenever possible. The difference in the two is that polyunsaturated fats are in liquid form at room temperature, whereas saturated fats are solid. Polyunsaturated fats should constitute 20 percent of daily calories and can be found in vegetable oils such as sunflower, soybean, corn and sesame.

When striving for a healthy heart, Rodenbaugh suggested a few "eat right" tips to keep in mind:

* Use fat-free or low-fat dairy products
* Choose lean meats (fish or

or someone around you suffers from any of these symptoms, get help immediately.

* Uncomfortable pressure, fullness or pain in the middle of the chest for more than two minutes

* Spreading of pain to shoulders, neck or arms

* Severe pain, dizziness, fainting, sweating, nausea or shortness of breath

The severity of the pain of heart attack varies with individuals. Some are so mild that you may think it is indigestion.

"Not all of these warning signs are always present," Crafton said, "and some may subside and then return." But if you

mouth-to-mouth breathing and chest compression, if needed.

"The best action to take in dealing with a heart attack is preventative," Crafton said. "Know the symptoms of a heart attack and how to recognize them."

Post emergency numbers near all the phones in your home. You can also decide on an appropriate hospital before a heart attack happens.

Second, be prepared for denial of a problem. It is natural for people to refuse to admit that they are having a heart attack.

Finally, if you are certified in CPR, be ready to administer

For more information about heart attack risk and prevention or to schedule a group speaker on the topic, contact Hancock Medical Center at 467-9081.

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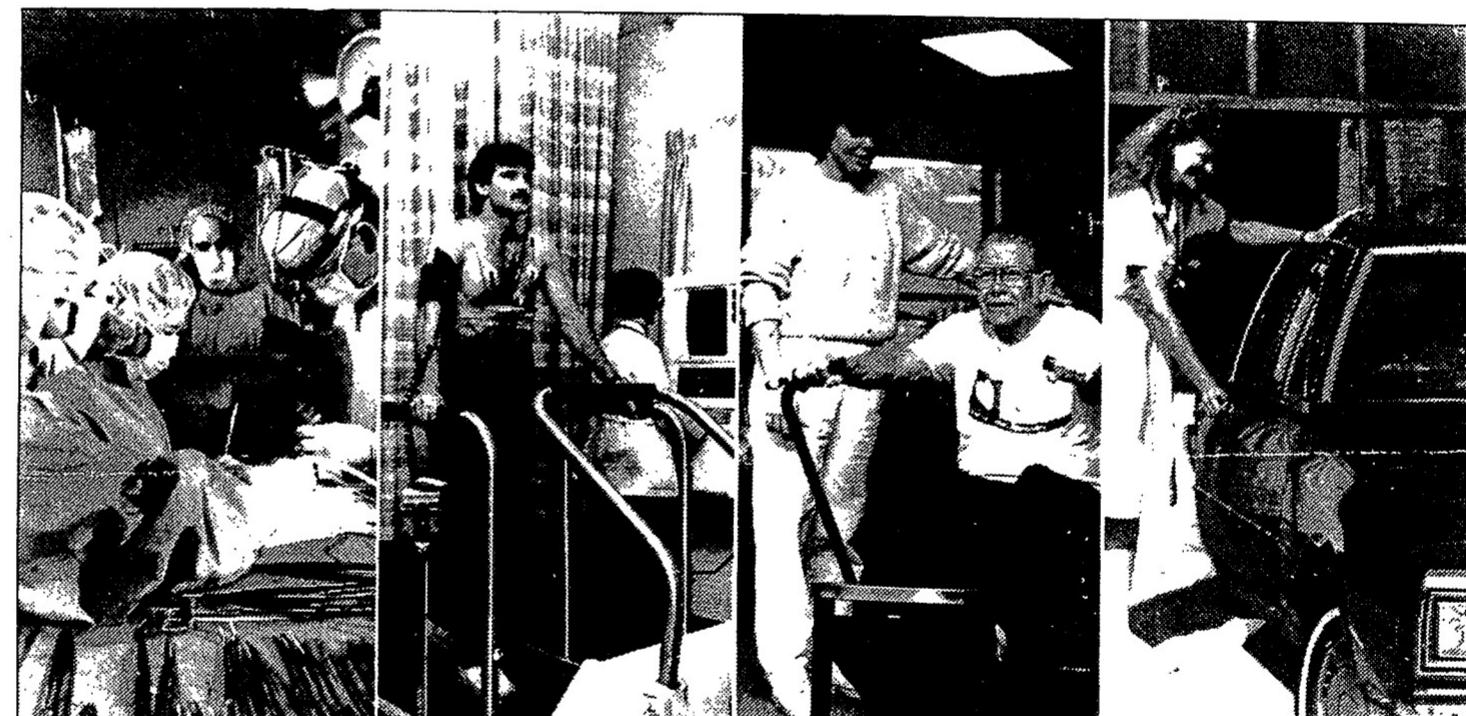
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Help Your Heart

Celebrate summer with heart-smart exercise

Summer's here and the fitness craze is back in full force. The longer days, warmer temperatures, and inevitability of bathing suits are bringing Americans, young and old, out of the house or office and into outdoor activities.

A regular exercise program is not only important for looking good and feeling fit, but exercise, even light physical activity such as gardening, can help reduce the risk of heart disease. In fact, people who avoid any physical activity run a 30 per cent higher risk of coronary heart disease than more active people.

Before jumping right into an exercise program in the summer, however, it's important to consider a significant factor—the heat.

Summertime temperatures can be extreme in some parts of the country, but even in the cooler climates people need to take some extra time to get used to the change in seasons and

weather poses a risk for two serious conditions—heat exhaustion and heat stroke.

HEAT EXHAUSTION

Heat exhaustion occurs when the body becomes dehy-

drated and is unable to adequately cool itself. The symptoms for heat exhaustion include a body temperature that may be below normal, dizziness, headache, nausea and sometimes con-

fusion. These symptoms may precede collapse.

HEAT STROKE

Heat stroke occurs when the body is unable to cool itself resulting in dangerously high body temperatures. The symptoms for heat stroke, which is far more serious than heat exhaustion, are dizziness, headache, thirst, nausea and muscle cramps. The two most dangerous symptoms of heat stroke, however, are no sweating and a dangerously high body temperature.

Although neither heat exhaustion nor heat stroke are common, it's easy to take precautions against both.

Water is an important part of any exercise program, especially in warm weather. You should drink several cups of water before exercising, and drink small quantities every 10-15 minutes during prolonged or vigorous exercise. Drink plenty of water after you exercise as well.

If you've eaten a meal, avoid strenuous exercise for at least two hours. If you exercise vigorously first, wait about 20 minutes before eating.

START SLOWLY

Give yourself time to acclimate to the demands of exercising in increased temperatures. Start exercising at an easier pace and build up your routine slowly over a week or two.

In all temperatures you should exercise at a comfortable pace that allows you to keep up a conversation. If you are not able to do this, or you don't feel normal again within 10 minutes after you stop exercising, you're pushing yourself too hard.

If you feel dizzy, nauseous, thirsty or if you develop a headache during exercise, stop, find a cooler place to sit down and drink some water. If any symptoms of heat stroke are present, seek medical care immediately.

Try exercising in the early morning or early evening when

temperatures are cooler. Chances are these are also the times of the day when you will have more time to enjoy your exercise and not be pushed by a clock.

Remember, when exercising outdoors and rainy days ahead at night, be aware of reduced visibility for you as well as for drivers. Wear bright or reflective clothing and be cautious.

COOL CLOTHING

Clothing for summer exercise should be light and loose-fitting. Avoid rubberized or plastic suits. Sweatshirts and sweatpants.

Heavy, non-breathable clothing will cause dangerously high body temperatures and increase the risk of heat exhaustion and heat stroke.

Exercise is a great way to get outside and enjoy the weather and the environment. Whether you are walking, jogging, biking or gardening, enjoy yourself! A good exercise program in the summer will lead to a healthy, active lifestyle year-round.



Aerobic exercise, weight loss assists in lowering blood pressure

Losing weight and adding aerobic exercise to your diet can help prevent hypertension, according to Diane De Marco, executive director of the Institute.

According to the University of California, Berkeley Wellness Letter, while heredity and diet play a major role in whether or not someone is likely to get high blood pressure (also known as hypertension), there are steps that can be taken to

improve your risk. For some people, dietary and lifestyle changes may help prevent hypertension, or at least postpone it or reduce its severity," noted the Letter.

Exercise is cited as one of the primary lifestyle changes, because it's often accompanied by other healthful life-style changes, such as weight reduction and decreased sodium and alcohol consumption.

"Exercise strengthens the cardiovascular system and reduces the risk of heart disease. It can also help control diabetes, which is another risk factor for heart disease," said Dr. Godfrey. "It also relieves a lot of stress, and stress is a frequent elevator of blood pressure," adds Dr. Godfrey.

"High blood pressure is something we should all be aware of because it affects men, women—even children—of all ages, races and social classes," said De Marco.

"Talk with your physician about how lifestyle changes—including regular aerobic exercise—can help you to avoid this potentially dangerous condition," she added.

For more information on the many benefits of regular aerobic exercise, or on getting started with your own personal program of exercise, call or write The National Exercise For Life Institute, Box 1, Chaska, MN 55318, 612/448-3094.

How to assess heart attack risk

Everyone has a chance of having a heart attack, but the risk varies greatly from person to person. Some people have a high risk of heart attack, while others have a low risk. There are several factors which contribute to the risk of heart attack and stroke. These factors include age, sex, family history, smoking, diet, exercise, and medical history. Some people have a high risk of heart attack, while others have a low risk. There are several factors which contribute to the risk of heart attack and stroke. These factors include age, sex, family history, smoking, diet, exercise, and medical history.

Controlling hypertension is important because 356 million Americans have high blood pressure, and it's a contributing factor in three-fourths of heart attacks and strokes.

Causes of Hypertension

Blood pressure can be raised in one or more of three ways, according to the Harvard Medical School Health Letter: the kidneys retain fluid and increase the volume of blood contained within the vessels; the arteries become constricted, thus increasing the resistance to flow; or the heart pumps blood more forcefully than usual.

Sometimes there's a specific reason for these changes, such as kidney disease, a hormonal abnormality, or atherosclerotic

plaque in an artery. However, most cases of hypertension don't have a specific, identifiable cause.

Because some medications for high blood pressure have unpleasant side effects, being able to lower the dosage, or eliminate the need for medication, is a real plus.

Exercise may help some people—especially those with borderline high blood pressure—to get off medication, according to Douglas A. Godfrey, MD, a Minneapolis internist. Regular aerobic exercise also helps people to lose weight, said Dr. Godfrey. "It also relieves a lot of stress, and stress is a frequent elevator of blood pressure," adds Dr. Godfrey.

"High blood pressure is something we should all be aware of because it affects men, women—even children—of all ages, races and social classes," said De Marco.

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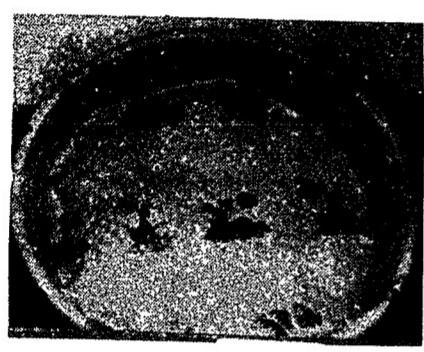
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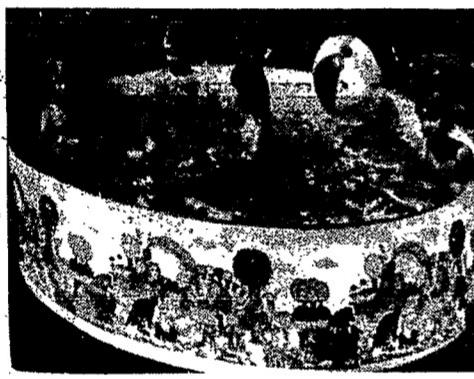
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ASRM

Continued from Page 3A

"The release of micro-particle aluminum oxides into our atmosphere is potentially dangerous. Research increasingly implicates lifetime accumulation of ingested or inhaled aluminum as a component cause of Alzheimer's disease. I would consider aluminum fuel to the surface of the moon and forbid earth use," Albert Sattin, M.D. associate professor of psychiatry and neurobiology, Richard L. Roudabush V.A. and Indiana University Medical Centers, said in a recent issue of *Popular Science* magazine.

"Considering the potential hazards, it behoves society to do everything humanly possible to reduce the burden of aluminum. Use of aluminum fuel is a technological development that should be nipped in the bud," Sattin said in a recent telephone interview.

"No one has ever shown that aluminum has done any good in a biological system," Sattin added.

ALUMINUM POISONS PLANTS

Aluminum's direct physical effects on humans are not the only problems associated with adding aluminum to the environment. Certain levels of aluminum also are detrimental to forests and crops.

Aluminum is one of the most abundant elements on earth's surface, but most of it exists in chemical compounds that make it unavailable to plants. When it does become available it can have disastrous effects.

"One major effect of an increasingly acidic rainfall is the increased availability of aluminum in the soil. One of the major factors in the decline of European forests has been the acidic soil availability of aluminum," said Dr. Donald Marx, director, U.S. Forest Service, Institute for Mycorrhizal Research and Development in Atlanta.

When high levels of aluminum exist in soil that has comparatively little calcium, it is less available to plants.

Data collected during a U.S. Forest Service acid rain study, on which Marx collaborated, indicate that soils at Stennis

have approximately five times as much aluminum as calcium. The data indicate soils at the test site are very acidic, a condition that is prevalent throughout Hancock County according to soil survey maps.

Both Cronan and Marx said the high aluminum levels in south Mississippi's soils are widely known among soil scientists.

Adding additional aluminum and acidity to Hancock County's soils "in all likelihood" would have adverse effects on forests, Marx said.

Marx also expressed concern that under the extreme heat of the firs the aluminum oxide and hydrogen chloride will combine, forming aluminum chloride, a substance that is violently reactive with water and extremely available to plants.

When questioned what aluminum chloride does in the environment, Marx said, "Nothing good."

"I think it is very important that we know exactly what will happen, not only with the soil but with everything in it," Marx said.

Cronan said he sees the tests as a serious environmental hazard.

"I would be inclined to look for a terrain where it could not possibly damage such a valuable forest resource," he said.

International Paper Company is the largest owner of buffer zone property, with 30,000 acres. When contacted for a comment on the possible threat to its timber crop, spokesman Walter Dennis said the company had not been made aware of the tests or any potential problems.

CRITICAL HABITAT

Wetlands, critical habitat for vast numbers of wildlife and plants have been and continue to be destroyed at such an alarming rate, prompting President Bush to recently mention that no more will be lost.

The EIS states that wetlands may be present within the ASRM site at SSC but, also that a biological survey of the site conducted by Mississippi State

University Research Center found no wetlands.

Dwight Bradshaw, Senior Research Biologist at Mississippi State University Research Center at SSC, the person who performed the field work for the survey, however, said at least 25 percent of the site is wetlands, but that wetlands mapping and inventory was not included in their contract.

According to Bradshaw, NASA was told about the wetlands before a draft EIS was issued in 1988.

"When the wetlands were not included in the draft we (Bradshaw and the study's principal investigator, Dr. Robert Esh) were working with EPA and the Bureau of Pollution Control to develop a mitigation plan," McCaleb said.

Mitigation is to include posi-

tioning of the test facility so impact to wetlands is minimized. Also, the test stand will be drained in a manner to keep contamination out of the wetlands, including two small streams that flow through the site into Jourdan River, McCaleb said.

According to McCaleb, a wetlands evaluation has been made by the U.S. Corps of Engineers and that 90 percent of the site has been determined to be wetlands, based on new criteria governing the determination of what constitutes the important habitat.

"We are working with EPA and the Bureau of Pollution Control to develop a mitigation plan," McCaleb said.

Mitigation is to include posi-

tioning of the test facility so impact to wetlands is minimized. Also, the test stand will be drained in a manner to keep contamination out of the wetlands, including two small streams that flow through the site into Jourdan River, McCaleb said.

When asked whether mitigation could prevent wetlands damage due to aluminum and hydrogen chloride fallout, McCaleb said the state-of-the-art meteorological station would monitor weather conditions to establish an envelope of time within which the tests can be conducted with maximum dispersion.

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New driver's test set for operators of certain vehicles

Operating a vehicle in Mississippi that weighs 26,001 or more pounds, carries nine or more passengers, or transports hazardous materials will require to pass a new driver's license test between Jan. 1, 1990 and April 1, 1992.

"A driver's license involving trucks, buses and vehicles carrying hazardous materials are twice as likely to involve fatalities or serious injuries as other motor vehicle accidents," said Capt. Fred Holt, director of the Field Operations Division of the Mississippi Highway Patrol's Driver Services Bureau.

"To improve highway safety, reduce fatalities and get problem drivers off the roads, Mississippi will soon begin using new testing tests for commercial drivers," Ford said.

The Commercial Motor Vehicle Safety Act of 1986 (CMVSA) was passed by the U.S. Congress to assure the motoring public that commercial drivers of large trucks and buses have the minimum skills necessary to operate safely on our nation's highways.

The law requires anyone who operates or intends to operate a commercial motor vehicle on the public highways that has a Gross Vehicle Weight Rating (GVWR) of 26,001 or more pounds, or is designed to transport 16 or more persons; or is used to haul hazardous materials placarded regardless of the vehicle size, pass a knowledge test and demonstrate his driving skills in a vehicle that is representative of the vehicle the individual intends to operate.

Mississippi, along with all states, was required to pass necessary laws to comply with the CMVSA. Failure to comply with the regulations would have resulted in a substantial loss of Federal Highway Construction Funds to each state," Ford said.

One of the strongest aspects of this new law is the requirement that addresses the Blood Alcohol Content (BAC) of a commercial motor vehicle operator. Anyone who is convicted of

operating a commercial motor vehicle with a BAC of .04 or more will lose his commercial driving privileges for one year for the first offense.

A second offense will result in the operator's commercial driving privileges being revoked for life. If a driver's BAC concentration is less than .04 percent, but some detectable amount of alcohol is present, he will be put out of service for 24 hours.

A driver will lose his commercial driver's license (CDL) for at least one year for a first offense:

—if the driver operates a commercial motor vehicle (CMV) under the influence of a controlled substance;

—if driver of a CMV leaves the scene of an accident; or

—if a driver uses a CMV to commit a felony. If the offense occurs while the driver is operating a CMV that is placarded for hazardous materials, he will lose his CDL for at least three years.

There are several other offenses which will result in a driver losing his CDL for varying lengths of time. They are:

—A driver will lose his CDL for life if he commits a second offense. A driver will also lose his CDL for life, if he uses a CMV to commit a felony involving controlled substances.

—A driver will lose his CDL for at least 60 days if he commits two serious traffic violations.

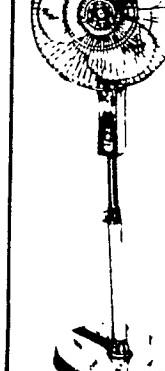
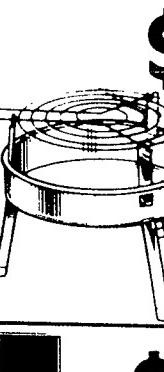
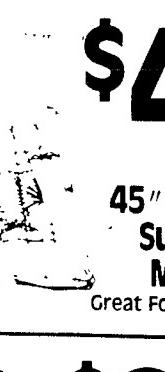
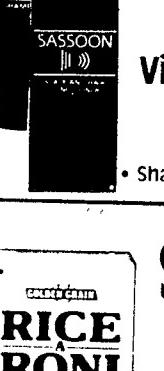
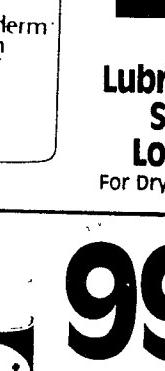
—A driver will lose his CDL for at least 120 days if he commits three serious traffic violations within a three-year period.

"Serious traffic violations" may be defined as excessive speeding (15 mph over posted limit), reckless driving, and traffic offenses committed in a CMV in connection with fatal traffic accidents.

The commercial driver's license law will go into effect Jan. 1, 1990 in Mississippi. The Department of Public Safety expects to begin an extensive retesting program of CDL holders on this date.

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 <p>\$1.99 3 PAK RICE RONI FREE Great Dish Anytime</p>	 <p>99¢ 20 OZ. Magic Sizing Spray For Fresh Looking Clothes</p>	 <p>\$2.49 32 OZ. Rid-A-Bug Spray Flea & Tick Killer</p>
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SPORTS

THE SEA COAST ECHO—THURSDAY, JULY 27, 1989-1B



Time Out

By Dena Bisnette

Summer sports are winding up post-season play, for the most part, and we are looking forward to fall football practice and, shortly following, basketball.

This area has done well this summer, with a number of teams advancing to state tournaments, ranging from little girls to Babe Ruth baseball and even an adult ladies' softball team.

I hope we are as successful this fall as we have been this summer.

Charles Hawkins of Waveland, who already holds a number of bodybuilding titles, will defend his "Mr. Mississippi" title in the light heavyweight open division this weekend in Jackson.

Hawkins said he hopes to be able to win again this year despite a broken left foot and is planning to have the cast temporarily removed for the competition.

The local bodybuilder is well-known in this area, particularly for his anti-drug abuse work with young people, and we wish him luck.

Lis Lagarde, pro at Tennis World in Diamondhead, has announced the winners of this week's mixed doubles tournament: Gladys Stevenson of Long Beach and Elisabeth Watts of Bay St. Louis.

Two tournaments were supposed to be played, but Sunday's competition got rained out.

College football schedules and season ticket information is rolling in as training begins. A good example is the Pearl River Community College Wildcats, who report to camp Aug. 10.

We have a number of boys who played for local high schools on Pearl River's team every year and know there are a lot of fans here who will want to attend the season's five home games. About 200 season tickets in the 50-yard line section are available from members of the Wildcat Club.

The next Gulf Coast stop on what I jokingly refer to as the "Annual Pre-season Alumni Lecture Tour" is one tonight by Auburn University Defensive Coordinator Wayne Hall at an Auburn Club meeting tonight at Holiday Inn Airport in Gulfport.

I know a number of similar programs for most of the nearby schools will be coming up in the next few weeks and can print the announcements of them in *Time Out* if you'll give me a call at 467-5474.

I kid about it, but the people who attend these meetings appreciate it when a coach takes time out from his busy pre-season schedule.

A sports medicine seminar on athletic taping techniques will be presented Thursday, Aug. 3, by Gulf Coast Orthopaedics, Gulf Coast Physical Therapy and Garden Park Community Hospital.

The seminar begins at 6:30 p.m. in the hospital's physical therapy department and Tim Haller or Sidney Scarborough of Gulf Coast Physical Therapy, 864-1212, have more information.

In my opinion, this seminar is likely to be well worth the \$5 fee for materials. Proper taping has saved many an athlete from serious injury and has kept many others from aggravating existing problems.

Coming up this weekend at the Bay-Waveland Yacht Club are, with weather permitting of course, Junior Lipton eliminations. The best of the participants will go on to represent the club as skippers in the Junior Lipton, set for the second weekend in August.

One of the yacht club members told me the young people will probably get started at about 10 a.m., for anyone who would like a view of the bay with the boats on it.

Congratulations to the members of the local 11-12 girls' softball all-stars, who finished second in the state this past weekend at Wiggins, and to their coach and manager, Lynn Faye and Anthony Summers.

WCCL-TV 49 in New Orleans will be televising NCAA National Champions Notre Dame this season and the Lou Holtz show. The games will be shown at 11 p.m. Saturday nights, except for the Navy game Nov. 4 and Southern Methodist Nov. 11, which will be aired live.

The annual North-South Coca-Cola All Star Basketball games will be Saturday at the Mississippi Coliseum in Jackson. The girls play first, beginning at 1 p.m., with the boys' game immediately following.

I didn't spot any local names on either roster, but there are a few of the Gulf Coast's brightest high school hoop stars.

Ducks Unlimited memorial fund established

National Ducks Unlimited has established a memorial fund for donations to wildlife conservation.

Through the fund, a person may make memorial donations in honor, or in memory, of a friend or relative. A card will be mailed to the surviving family informing them that a donation

has been made in memory of the deceased.

When multiple donations are made in the name of one individual, a record is kept of the amounts and if the total of donations reaches \$200 or more, a one-time memorial sponsorship is established.

Memorial sponsorships are

SECTION B

Local girls to sail in Europe

BY DENA BISNETTE

Two local youngsters, Mallory Mestayer and Caroline Weems, will leave today for Nynashamn, Sweden, to sail in the Seventh European Optimist Sailing Championship July 31-Aug. 5.

The girls are both members of the Bay-Waveland Yacht Club and qualified for the European race during the Memorial Day Regatta in St. Petersburg, Fla.

The two will compete against 64 girls representing 24 countries. Mestayer and Weems are two of the three U.S. girls going to the championships.

Mestayer has been to Sweden before, having participated in a youth exchange program last summer, but Weems, who is her cousin, has never been outside the U.S.

Both say they are looking forward to the trip and to some tough competition.

Although they have been sailing optimists together since they were both about eight years old, the youngsters have never before sailed in a competition which separates boys from girls.

"I don't like that at all," Mes-

tayer said, "but there's nothing I can do about it."

"But everybody gets to sail the whole thing," she added, explaining that competitors are not eliminated after a few

races as they would be in some contests.

The championships will be sailed on the Baltic Sea and the girls will stay together in a dormitory during the 10 days they are in Sweden.

Mestayer's parents are Dr. Richard Mestayer III and Mary Mestayer of Bay St. Louis. Weems' parents are Susan Peterson and Wayne Peterson of Pass Christian.



Caroline Weems and Mallory Mestayer

Four junior BWYC sailors to compete in Northeast

BY DENA BISNETTE

Four Bay-Waveland Yacht Club junior sailors will travel to

Stamford, Conn., for the Long Island Sound Optimist Championships.

Sanders Kane and Alan Uram will compete first, in the 15-and-under division at

Stamford.

After competing in Stamford Saturday and Sunday, the two will be joined by Chad Renken and Scott Renken to go to Newport, R.I., and compete in the United States National Championship, a qualifying regatta for both the United States Youth World Team and the Canadian World Team.

The Newport event begins Monday and continues through Aug. 5.

All four of the boys range in age from nine to 11 and have been sailing optimist, a small single-occupant type of sailboat, for the past four or five years.

Members of the team are also scheduled to compete in the North American Championship, another qualifying regatta being staged in Marblehead, Mass., Aug. 6-9.



Chad Renken, Sanders Kane, Scott Renken and Alan Uram

Waveland bicyclist successfully completes Natchez Classic races

BY DENA BISNETTE

Guy Norton of Waveland, a member of Cycles Plus Bicycle Club, has completed the Natchez Bicycle Classic.

Norton said he does not know exactly what his finishing time was in the event, because his major goal was completion. He has entered similar races in the past but has been unable to complete due to mechanical problems and other circumstances.

The Classic is a three-day event called a stage race because it incorporates all four of the basic types of bicycle races. Norton competed in a time trial on Friday, a long distance road race and a criterium race on Saturday and a circuit race on Sunday.

Norton, who works as a physi-

cist at NORDA and is completing post-graduate studies at Tulane University, said he took up bicycling comparatively recently, considering that he had been a runner for 10 years. When he was diagnosed with a medical problem which prohibited the intensive, regular training needed for running, he switched to bicycling.

In the time trials, he competed against the clock, not other bicyclists, and registered a 9:18 time for the four-mile distance. He had to ride a second time trial Sunday morning after rain at the very end of his Friday morning trial. A tailwind which had helped him in the first one turned into a headwind, and his second time was

slower at 9:39.

The road race consisted of a 22-mile loop along the Natchez Trace, beginning at Lagonia and The Cedars plantations. The winning time in Norton's division, the veteran's 35, was 1:46:44; Norton finished the race in 1:46:56.

Norton has competed in criterium races before. According to his wife, who served him as a race observer, there were eight corners in the Natchez course, which covered 20 miles in 25 trips over the course.

The circuit race was a longer version of a criterium with 15 laps over rougher course conditions, partially due to a last-change in the course.

The race attracted about 300 cyclists from more than a dozen

states.

Norton said he found being able to finish such a long race encouraging and plans to continue competing.



GUY NORTON



IN TOP FORM—Bay Senior High School cheerleaders recently attended cheerleading camp at Mississippi Gulf Coast Community College, Perkinston campus. Pictured bottom from left are Kelly Oliver, Tamara Labat, captain; and Tyler Austin; middle row, Heather Austin, co-captain;

Kristen Reynolds, Miranda Smith, Karyn Foster, Jannell Buffkin and Stacey James; standing, Kathy Carpenter. Not pictured are Maliaca Strom and Lorraine Fontenot. Theresa Peterson is cheerleader sponsor. (Echo staff photo by Ellis Cuevas)

New live-bait ordinance approved by Wildlife, Fisheries Commission

The state Commission on Wildlife, Fisheries and Parks have passed an intent to adopt a live-bait ordinance that should please live-bait shrimpers and resource managers alike.

The commission unanimously passed the intent to adopt the ordinance. There will be a 30 day review period during which the public may comment on the new ordinance. Adoption of the ordinance is expected at the group's August meeting.

The commission also approved a legislative package that will be presented next year aimed at regulating the live-bait industry.

The new ordinance and legislative package were formed in a series of workshops and public hearings, coordinated by the Bureau of Marine Resources. Representatives of the live-bait industry, biologists and law enforcement officers participated in the workshops.

When adopted, the new ordi-

nance will close the half-mile area along the Coast to commercial and recreational shrimping. The area will be opened to live baiting.

Chris Snyder, BMR public relations specialist who coordinated the workshops, said the permanent closure will protect the area as a staging zone for young shrimp.

Under the present ordinance, the half-mile area that runs from the beach to a line about one-half mile into the Sound may be opened or closed by vote of the commission.

Other significant provisions in the ordinance include:

—The upper bays will be opened and closed by order of the MDWFP deputy director in charge of coastal resources according to set criteria based on the size and availability of shrimp in the bays.

Now the bays may be opened and closed by vote of the

commission.

—Increase the dead bait limit for live-bait fishermen from 20 pounds to 30 pounds.

Live-baiters say it is hard to keep shrimp alive under certain weather and sea conditions. The increased limit, baiters said, will allow them to catch enough shrimp to keep their businesses operating and keep them from violating and dead-bait limit.

—Limit to one the number of catcher boats for each camp. Now live-bait camps are allowed to have up to three catcher boats. Live-baiters said that limiting the number of boats will minimize the incidents of live-baiters selling shrimp for human consumption.

The new ordinance will allow a live baiter to appeal to the commission for permission to have more than one catcher boat.

—The ordinance also will give the commission the authority to revoke the live-bait license for any live-bait dealer who violated the live-bait ordinance.

The commission may revoke a license for up to two weeks for conviction of the first violation, for six months on the second violation and one year upon conviction of the third violation.

Live-bait dealer Gunner Gensert of Biloxi said that while the new ordinance will be more restrictive on live baiters, "It's still the best thing I've seen in a long time."

"All the refining that the workshops did turned out a finer ordinance than we're presently operating under," Gensert said. "It is stricter on being able to obtain a license. The new ordinance is designed so that offenders can be properly prosecuted."

In the legislative package, the commission is seeking to have a \$1,000 cash bond submitted by any live-bait dealer convicted of a violation before a revoked license may be reissued.

Any subsequent violation will result in forfeiture of the bond in addition to any court penalties.

Live baiters say that this measure will act as a deterrent to live-bait violators.

Other items in the legislative package include:

—Limiting the sale of live-bait camp licenses to Jan. 1 until April 30.

Snyder said licenses are now sold the year around.

"Now, a live-bait dealer can have his license revoked and his brother can get a license and reopen the camp the very next day," Snyder said. "If the Legislature accepts this proposal it will make this less likely to occur."

—Issue one license for the operation of a bait camp and a catcher boat. This will make the live-bait dealer responsible for the actions of his boat captains.

—Require bait camps to be accessible to the public by land and water.

—Require bait-hauling trucks to meet the same equipment regulations as catcher boats. A bait dealer must also file with the BMR an approved route of transit for his hauling trucks.

Diamondhead Boaters Association

Special to the Echo

By Bud Barnes and Eddie Lockamy

More than half of our boaters literally went to the dogs on Saturday, July 15 and enjoyed it.

Specifically organized by Missy and Don Marshall, 65 folks responded to the allure of the Greyhound Races in Mobile with similar objectives: spend little and win big.

As expected however, some won a little, some lost a little, and perhaps some others lost more than they were willing to admit. All were big winners in one way—they had an excellent outing and look forward to going again.

Most traveled by chartered bus (no, not a Greyhound), but an overflow crowd of about a dozen went by private vehicles. Most seemed pleased with the dinner served at their tables in the grandstand and with the service as well as with the convivial atmosphere—always a trait of Boaters Association gatherings.

This festive tradition will continue with the annual Water Carnival scheduled for Saturday, Aug. 12 for which Mike Doherty is the grand marshall.

Starting at 1 p.m. from the Diamondhead Marina, a fleet of participating boaters will cruise to the Bay of St. Louis for a variety of water games and races. Refreshments will be served at the marina later in the day. Boaters should watch for the forthcoming announcement and make plans accordingly.

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The Sea Coast Echo

467-5473 or 467-5474

SPORTS SHORT

AUBURN CLUB

The Gulf Coast Auburn Club will meet Thursday, July 27 at the Holiday Inn Airport, Highway 49 and I-10 in Gulfport.

Guest speakers will be Auburn Tiger Football Defensive Coordinator Wayne Hall and Auburn Alumni Associate Director Christi S. Hall.

A 1988 football highlight film will be shown and door prizes will be awarded. Proceeds from chances on a pair of football tickets will be donated to the Gulf Coast Scholarship Fund.

For more information, call Lanny Bradford, 255-9883 or 832-8133.

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Girl take

BY DENA
The local 12-year-old Al team has won the state to Wiggins.

The girls lost 20-12, dropping double-elimination Judy Summers, president.

Their only in the hands of Stor the first game.

PRC sea tickets

Football season sales this week to College.

The \$60 ticket admission to Wildcats' home as reserved seats holding season have reserved seats installed chair-back the 50-yard line.

The Wildcat Cetic booster is selling the 200 those wishing to buy a ticket member.

Diamond lists to

Even Cardinal Cougars Gloria Landry No. 7, Champions Bonnie Rolfs, Smith, second; Lee Arnold, fourth.

First F
Barbara Green Bond, second; H. third; Corinne L. Second

Marge Edwards, Hill, second; Carson, third; Carol fourth.

Third F
Thelma Hopkins, Simino, Vincent, third.

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COILS



SUMMER TENNIS CAMP participants include, front row from left, Melissa Estapa, Melissa Albe, Whitney Allison, Tammy Estapa, Natalie Fields, Todd Geary, Kevin Estrade, Jody Richardson, Christopher Estrade, and Brandon Everett; and back row from left, Brother Pascal Ackerman, SC, camp director and instructor; Jeremy Braud, Charles Merrigan, assistant instruc-

tor; Sean Ziegeler, Dennis Knight, Melissa Knight, Cory Gex, Daniette Bourgeois, Jason Braud, Robbie Welz, Christian Marrione, Mrs. Susan Estrade, assistant instructor; and Martin Braud, assistant instructor. The camp was sponsored by Parks and Playgrounds at St. Stanislaus' courts.

Girls' softball all-stars take State second place

BY DENA BISNETTE
The local Girls' 11 and 12-year-old All-Star softball team has won second place in the state tournament at Wiggins.

The girls lost to Stone County 20-12, dropping out of the double-elimination event, said Judy Summers, softball league president.

Their only other defeat during the tournament was also at the hands of Stone County, during the first game of the competi-

tion. As a result, the all-stars had to fight their way back through the losers' bracket in order to face Stone again.

Summers said the last game was a good team effort despite the loss.

"They really played their hearts out," she said.

The All-stars, made up of the best players of the six teams in the girls' softball league, was awarded a two-and-a-half-foot trophy for second place.



TROPHY WINNERS from the Parks and Playgrounds Summer Tennis Camp, conducted at the St. Stanislaus Tennis Courts, include, from left, Tammy Estapa, girls under 10 champ; Cory Gex, boys over 10 champ; Christopher Estrade boys under 10 champ; Kevin Estrade, boys under 10 champ; and Jody Richardson, boys under 10 second place. Not pictured is Daniette Bourgeois, girls over 10 champ.

Diamondhead Women's Golf lists tournament results

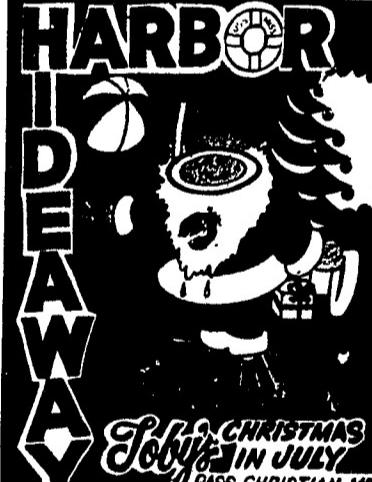
Even Holes
Cardinal Course, July 20
Gloria Landry, closest to Pin
No. 7.
Championship Flight
Bonnie Rolfs, first; Sylvia Smith, second; Flo Holt, third, Lee Arnold, fourth.

Fourth Flight

Charlie Galvin, first; Susan Chapman, second; Patty Price, third; Lana Howard, fourth.

Driskell named new MUW coach

Lavon Driskell, who has earned recognition for his coaching and teaching abilities, will become Mississippi University for Women's new head basketball coach, pending approval by the Board of Trustees of State Institutions of Higher Learning.



Party with Gayle, Michelle and Santa's helpers everyday in July on Hwy. 90 (next to Circle K) Phone 452-4043 for reservations.

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GCRC, Pizza Hut sponsoring first Summer Beach Run

BY DENA BISNETTE
Gulf Coast Running Club and Pizza Hut are sponsoring their first annual Summer Beach Run Saturday, Aug. 5.

Starting time is 8 a.m. with late registration from 7 a.m. to 7:45. The event includes a 5-K race and one-mile health run/walk.

The run begins next to the Highway 90 Shoney's in Biloxi and the course is entirely along the highway.

Fees for the 5-K are \$8 for members and \$9 for nonmembers whose entries are postmarked by Aug. 1.

Fees for race day are \$10 per runner, except for children 12 and under in the one-mile event, whose fee is \$5.

Anyone wishing to register early should mail checks and registration information to Gulf Coast Running Club, P.O. Box 3504, Gulfport, MS 39050.

On Friday, at 7 p.m. at the Biloxi Beach Motor Inn on US-90, there will be a pre-race social and seminar with complimentary pizza and drinks. The hotel is offering special rates for runners who want overnight accommodations.

A post-race social on the beach near the race site is also planned, with music, food, volleyball and swimming to be included.

Awards will include trophies for first, second and third overall male and female, first Masters male and female and first

Grand Master's male and female. All finishers in the 5-K will receive medallions and all finishers in the one-mile will receive ribbons. In addition, T-

shirts for all entrants are included in the registration fee.

For more information, call Linda Sullivan at 832-6071 or Amanda Nickel at 864-6954.

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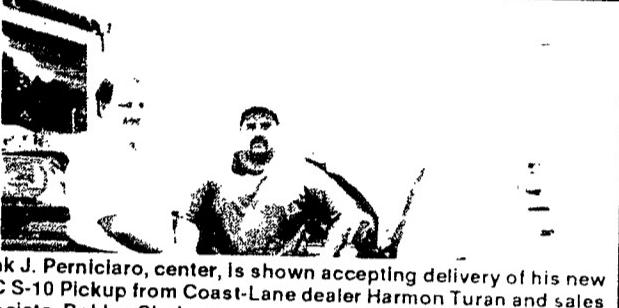
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DieHard 500 finishes among most exciting in motorsports

In determining the most exciting moment in motorsports, there are those who believe the start of a race at Talladega Superspeedway is the most exciting. The majority of fans, however, would pick the finish of a DieHard 500 at Talladega, especially in the 1980's.

They have a heck of a case. For the nine races (1980 through 1988), the total combined margins of victory have been less than three and a half seconds.

And the DieHard 500 next Sunday, July 30, is expected to be more of the same.

Neil Bonnett got things started by winning the 1980 DieHard 500 by one car length over Cale Yarborough. Last year Ken Schrader edged Geoff Bodine, also by one car length.

At a speed of 190 miles per hour, a Winston Cup car travels 17 feet (the approximate length of a stock car) in about six 100ths of a second.

Using .06 seconds as an average elapse time for a car length, the finishes of the nine DieHard 500's in the 1980's have a cumu-

lative margin of victory of 3.08 seconds.

"That is pretty unbelievable when you think about it," said Winston 500 winner Davey Allison. "But then you have to remember where you are. As unpredictable as Talladega is, you can count on one thing, and that is there's going to be a bunch of cars there at the end."

Ironically, what most observers feel is the most competitive race of the decade, the 1984 DieHard 500, produced the largest margin of victory.

After being fourth at the white flag, Dale Earnhardt pulled away from a pack of nine other cars in the final 1,000 yards to win by 1.66 seconds.

As one reporter wrote in his post-race story, "When Earnhardt waved to the crowd going through the trioval, it was the only time all day a driver in the lead pack could have put his hand out the window without poking another driver in the eye."

The closest finish of the bunch was the legendary 1981

race when Ron Bouchard passed both Darrell Waltrip and Terry Labonte in the last 500 yards to win by one foot. The margin was so close it did not register on the timing device.

In 1983, Earnhardt beat Wal-

trip by half a car length in another eyelash ending. Four races have been decided by a car length, Bill Elliott won by nearly three car lengths in 1987, and Yarborough outran Bonnett by one full second in 1985.

No one has been able to cor-

ner the market on close finishes, however. Earnhardt is the only driver to win twice, and a dozen different drivers finished first or second during that span.

"I've won one of those (1980) and lost one (second in 1985),

and been in the middle of a couple of others," said Neil Bonnett. "If I wasn't driving, I'd buy a ticket just to watch the last lap at Talladega."

Tickets for the July 30 DieHard 500 and the ARCA 500K on Saturday, July 29, are now on sale at the speedway ticket office. Ticket information may be obtained by calling the ticket office at 205/362-9064.

ON ETV

CRANE MIGRATION

The National Audubon Society Special, 'Crane River' at 7 p.m., Sunday, July 30, on Mississippi ETV, describes the bird migration and how man-made changes in the Platte may destroy the river for both the birds and man.

Leonard Nimoy serves as narrator of 'Crane River.' The program will be rebroadcast at 1:30 p.m., Monday, July 31.

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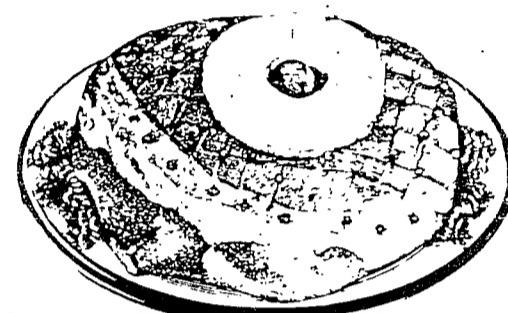


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14x60 TRAILER ON LOT WITH SEPTIC TANK AND AP \$5,000 467-6144

14x60 AIR COOLED DETH. SHARPE TANKED TRAILER ON LOT WITH AP \$5,000 467-6144

14x60 HOUSE TRAILER BASED ON CODE STYLING 12' X 24' 10' DECK AP 467-6144

1975 14x60 CHAMPION W/TH A/B AND MORE AP \$5,000 467-6144

149 Mobile Homes for Sale

FURNISHED THREE BEDROOM TRAILER near hospital, Mole Dr \$250 per month plus utilities \$100 deposit 466-2629

150 Unfurn. Houses Rent

1 2 BLOCK OFF BEACH Spacious 2 bedroom home, carpeted, central air/heat, refrigerator, stove, excellent neighborhood \$310 monthly, \$250 deposit. No pets 467-2418 9:5, after 5, 467-3001

FOR RENT OR SALE TWO BEDROOM 2 full baths, large yard. 467-3151

NEWLY RENOVATED TWO BEDROOM home in Waveland Central heat and air, no children or pets. Furnished \$400, unfurnished \$350 Call 466-2777 weekends

ONE-HALF BLOCK OFF BEACH, 2 bedroom home Carpet, sundeck, living room, kitchen, carpet, utility and storage room, refrigerator, stove \$295/month; \$265 deposit. No pets 467-2418 9:5, after 5, 467-3001

PASS CHRISTIAN ISLES \$365. Cozy two bedroom two bath, F/P, appliances, screen porch 105 Shands 452-7803

SENIOR CITIZEN'S DISCOUNT CLERMONT Harbor near grocery and beach, 2 bedroom cottage clean \$225/month \$64-2527

TWO BEDROOMS ONE BATH IN PASS CHRISTIAN \$365 plus deposit and fees 467-7368

TWO BEDROOM IN WAVELAND A/C central air, greater fenced yard. No pets \$265 monthly deposit 466-3192 and 467-3151

TWO BEDROOM COTTAGE HENDERSON POINT Area St. quiet area, boat dock, etc. 462-3343 between 6 and 9 a.m.

TWO BEDROOM HOME with deck, on water, 2nd floor, washer/dryer, electric heat, 10 and Hwy 90 Shoreline Park. No children, no pets \$100 monthly \$275 deposit. Call 467-4138

WANTED REDEEMABLE LONG TERM RENTAL AGREEMENTS rent clean, secluded 2 bedroom, 1 bath, \$1000 per month. Call 467-9820 No dogs

151 Furn. Houses Rent

TWO BEDROOM FURNISHED fenced in lot, centrally located \$175 deposit 467-4680

151 Furn. Houses Rent

ONE BEDROOM COTTAGE Furnished, large living area, central heat and air. Utilities furnished. One block off beach, Bay St. Louis \$325 per month \$125 deposit 467-4680

SMALL WATERFRONT COTTAGE for rent Partially furnished 467-5470 or 467-3552

156 Lots/Acreage

7 LOTS \$750 EACH BAYSIDE PARK Will finance or trade Write to Wood, 13380 Molly Melissa, Walker, La. 70785

ATTRACTIVE LOT 60x126 VERY CLOSE to North Beach Good view of Bay Runs from Dunbar to Paradise Point Dr. 467-7250

BAYFRONT, 120', BAY ST LOUIS, North Beach \$33,000 504-866-5961

CLERMONT HARBOR THE LAKES 3-acre lots, \$2,000 per acre up Hardwoods and pines, beautiful, birds everywhere, private fishing No flooding Railroad Ave. between Clermont Harbor and Lakeshore 467-7781 or 404-381-1966

EXCLUSIVE AREA, NEAR BEACH ON Bienville Dr., 98x130 lot \$16,500 504-524-3974

LAND FOR SALE Tree shaded land 3 acres or more Near Lower Bay Road Lakeshore Ideal for horse or homesite 467-7795

SOUTH BEACH BOULEVARD Beach frontlot by new public fishing pier 50x200 Lot Beautiful view and sandy beach Walk to luxury car, van or pickup as part payment 504-641-2772

TWO LOTS ON GOOD STREET EACH 50x110, waterfront, Jordan River Isles High area 467-1209

"NEW" BEACHFRONT Retail or office, energy efficient, private deck. Hurry, will custom. \$375. Adam Construction Co. 467-8300

157 Summer Rentals

SMALL APARTMENT 2nd FROM BEACH \$70 weekly Everything furnished 467-0147, 467-3181

WEEKLY RENTAL Waveland on beach Three bedroom, 2 bath, screen porch and deck \$450 per week 504-861-9003

158 Commercial Property

9000 SQ FT APPROXIMATE OFFICE warehouse and shop area Zoned light industrial For sale or possible lease purchase 88K 467-2800

FOR SALE OR RENT 4,000 sq ft building across from American Legion Pier 467-8351

HIGHWAY 90 BSL FROM 516 SO FT TO 2144 sq ft of commercial office space for lease 467-3749

OFFICE SPACE GOOD FOR ATTORNEYS/REAL ESTATE agent Four off/cas, 2 baths, equipped kitchen 104 Hwy 90 \$500/mo 467-0426

159 Houses for Sale

BY OWNER IN DIAMONDHEAD 0 DOWN ASSUME \$69,000. 8½ fixed mortgage with credit approval Three bedroom, living, dining, den Large lot 255-7706

CAMP ON BAYOU, 900 SQ FT, 108' on water with pier and bulkhead Appliances, furniture and extras North Nassau, BSL \$47,000 Phone 467-3130 or 544-3841

ASSUME BY OWNER CHARMING 2 bedroom cottage \$17,000 below appraised Pay legal fees and closing costs Call 467-6390

DANIEL STREET LARGE, BEAUTIFUL lot with rundown house Owner financing 467-3935

159 Houses for Sale

FOR SALE 4 BEDROOM, 3 full baths, living room, dining room, large kitchen with dinette off kitchen, centrally located in Bay St. Louis 467-5628

HOUSE FOR SALE CHEAP CALL 467-5856

HOUSE WITH LIVING ROOM, 2 bedroom, kitchen and bath, Front and back porches on almost one acre of land 3 miles north of Kiln on Hwy 603. Fenced \$17,000 for quick sale 255-7998

NEW 2 BEDROOM HOME COMPLETED You must move Call after 6, 255-7853

RAISED WATERFRONT HOME: TWO bedrooms, one bathroom up; one bedroom 1/2 bath down, on two beautiful lots, \$3,000 and assumable notes Jourdan River Estates, BSL 467-6838, 467-9610

STATELY, EXCLUDED, LARGE, 2-STORY HOME under construction in the Kiln area on 3 acres. For details call 467-5449.

\$500⁰⁰
ONLY \$500⁰⁰ DOWN

Family neighborhood lot with an initial down payment of \$500.00 and low monthly payments of \$130.28. These spacious pine shielded lots offer:

- * Restrictive covenants
- * New paved street
- * City utilities
- * Minutes to shopping and new hospital
- * Walk to Bay Sr. High

BAYSHORE REALTY
601-467-0244

159
THREE BEDROOM, 2 BATH, IN-GROUND pool, formal dining room, double carpet. Call between 4 and 7 p.m. 467-6850.

THREE BEDROOM HOUSE, 2 BATHS with 2½ acres of land. \$74,500 452-2644.

TWO 1 BEDROOM APARTMENTS, ONE complete, one incomplete. Priced right. For information 255-3328 after 6 p.m.

TWO BEDROOM HOUSE: \$16,000. Near beach. Heart Bay St. Louis. Convenient everything. Rentable. Suitable office. 466-3806 between 7 and 9.



THE LAKES
3+ Acre Lots
\$2000 to \$3,000 per acre.
Heavily wooded, hardwood and pines, birds everywhere. Private fishing. No flooding. 13½' elevation. Railroad Ave. between Clermont and Lakeshore.
467-7781 or (404) 381-1966.

ASHMAN-MOLLERS
REALTY
MLS

COME UP TO 227 COLEMAN AVE., WAVELAND BEACH 601-467-5454

NEW LISTING: WHAT A BARGAIN! 3 bdrm, 2 bath brick home on 134x287 fenced lot with in-ground swimming pool. Also has formal living rm, den, eat-in kitchen with plenty of new cabinets. All this for \$59,900.(3b32)

NEW LISTING: BAYOUFRONT. 200x100 fenced lot with boat launch. 3 bdrm, 2 bath home with vinyl siding, large living rm, recreation rm, large garage and more. \$45,000.(3b13)

321 NECAISE ST: Just \$18,000 with owner financing available. 2 bdrm, 1 bath, living rm, eat-in kitchen, fenced 75x120 lot.(2b11)

REDUCED TO \$69,900: Immaculate, almost new 3 bdrm, 2 bath brick home. Custom designed kitchen, large rms, dbl garage, lg fenced yard.(3b27)

MAKE AN OFFER ON THIS BEACHFRONT HOME: 2 bdrm, bath, liv/din/kit combo with fireplace, new cent. A/H, deck on side, 2 screen porches. Listed at \$69,000. Owner must sell.(2b3)

SELLER MUST SELL THIS 2 bdrm brick. If you qualify for Farmers Home you can assume the mortgage. Great condition. 575 Easterbrook St. ASK FOR SUE.

John Phillips & Associates
Professional Real Estate Service
Telephone 467-0600
467-0600
Open 7 days per week to serve you

REPOSSESSION: 3 Br, central air/heat on large fenced grounds. Sacrificed at only \$17,000! For details, call 467-0600 or 467-4139. Ask for CAROL SHIPPEY at both numbers.

FELICITY ST: Large (1800 SF), 3BR, 2BTH, L/R, D/R, Florida Rm., F/P. All creature comforts you want in a home. Large deck in rear. Ask NOEL GILLAN for details. (467-6067)hm.

BRAND NEW WATERFRONT HM: Own. will finance or lease purchase. 2BR, 2BA, could be 3BR, deck, fantastic view. Ask for EDITH PALMER, 467-0600 days or 467-7507 evenings.

MINI-HORSE FARM of huge proportions. Full brick home with country kitchen, massive fireplace, completely fenced & 2,000 SF of barns, storage. Paved street. \$20,000 under appraisal & in immaculate shape! \$70's - Scoop this one up today! Ask for CAROL SHIPPEY 467-4139 or 467-0600.

ON BAYOU CLOSE TO JOURDAN RIV: Perfect for the weekender or retiree. 2BR, 1BA. Large porch overlooks bayou. Owner will finance. Listed in 20's. Call NOEL GILLAN for details. 467-6067.(hm).

REDUCED from \$95,000 to \$69,000!! 3/4 BR large brick home, w/guest cottage. Privacy fenced, short walk to beach. For details call CAROL SHIPPEY 467-0600 or 467-4139.

CLERMONT HARBOR: Extra large family room, 2 bedroom, 1 bath, 1100 SF. Large corner lot. ONLY \$24,000. Call ask NOEL GILLAN for details. 467-6067.(hm).

FOR THE LARGE FAMILY: Charming 5 bedroom, 2 bath with full basement located on corner lot in prestigious area. Air condition, ceiling fans, new roof, plus dock for your boat. Call GLADYS STAKELUM 467-7692 (hm).

ON THREE ACRES: Unbelievably creature comforts come with this 4 bedroom, 2 bath beauty. Are you ready to enjoy the beamed cathedral ceiling, massive stone fireplace and wet bar, built-in china cabinets and bookcases, close to town, but in the country! ONLY \$48,500!! Call CAROL SHIPPEY 467-4139 or 467-0600.

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uses for Sale

2 BATH, IN-
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Priced right
8 after 6 p.m.USE: \$16,000.
St. Louis. Conve-
nient. Suitable.
Call 7-3907 and 9.

KES

Lots

per acre.
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woods every-
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D BEACH

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159

Houses for Sale

TWO BEDROOM 1 BATH, central A/H, fenced yard, Lower Bay Road. Call 467-7795 leave message.

TWO BEDROOM ONE BATH ON THE WATER. Great for fishing. \$4,000 down and take over notes \$240 per month. 467-6373.

161

Statewide

MONROE TRUCKING, INC. - Looking for good qualified road drivers. One year experience, excellent benefits. Pass DOT physical and drug test. Call Pam or Rita, 939-0881 or 1-800/333-0390.

GULF SHORES PLANTATION - 6 swimming pools, dome with indoor pool, 8 tennis courts, private beach, fully equipped kitchens. 15% discount, August 21-31. FREE BROCHURE 1-800/242-4511.

WANTED: Generous, loving families to share their home with a European or Japanese high school exchange student for 89/90 school year. Call AISE 1-800-SIBLING.

GATLINBURG SUMMIT - Breathtaking views of Gatlinburg and mountains. Fireplace and private balcony. Clubhouse with indoor pool and jacuzzi. Weekend specials. Free brochure. 1-800/242-4853, 209/888-5139.

GOVERNMENT JOBS! Now hiring in your area, both skilled and unskilled. For a current list of jobs and application, call 1-615/383-2627 ext. P501.

WORLD WIDE SELECTION OF VACATION PROPERTIES. Receive \$2 on all inquiries! Call Resorts Resale today. 1-800/826-7844 NATL. 1-800/826-1847 in Fla. or 1-305/771-6296.

GOVERNMENT HOMES! \$1 (U Repair) Foreclosures, tax delinquent property, now selling. This area! Call (refundable) 1-518/459-3546 ext. H4779 for listing.

1,000 WOLFF SUNBEDS - TONING TABLES - NEW LOW MONTHLY PAYMENT! Commercial-Home Tanning Beds. Call today. FREE color catalog. 1-800/228-6292.

JOBS IN ALASKA - Hiring: Men-Women. Summer, year around. Fishing, canneries, logging - mining, construction, oil companies, skilled - unskilled. Transportation. \$600 plus weekly. CALL NOW! 1-206/736-0777 Ext. 117B.

WORK AT HOME - \$1000 A WEEK. Send self addressed stamped envelope to: Bloomfield Enterprises, Inc. Ste. 410, 4412 4th Avenue, Brooklyn, NY 11220.

OTR DRIVERS - Hornady Truck Line requires 1 year experience, 23 years of age. Start: 23-26 cents per mile based on experience. Excellent benefits. Conventional/Cabovers.

TRUCKING SCHOOL GRADUATES - J.B. Hunt, America's fastest-growing trucking company, needs OTR drivers for our expanding fleet. If you've graduated or about to graduate from an accredited driving school, you may qualify for paid co-driver training that could lead to high pay, excellent benefits and guaranteed weekly mileage. Must be 23 or older. Call toll-free to apply, 1-800/643-3331.

PIONEER METAL BUILDINGS - 30x40x10 - \$4,350.00; 30x50x12 - \$4,941.00; 40x75x14 - \$8,417.00; 50x75x14 - \$9,800.00; 50x100x14 - \$13,450.00; 100x100x14 - \$23,580.00. ALL SIZES. 512/389-3664.

TRUCK DRIVERS - A major truckload carrier needs experienced drivers and graduates of approved truck driver training schools. If you have no experience, we can help arrange for training. Must be 21, with a good driving record and work history. Company-paid physical/drug screen. (601) 928-7269 or 1-800/553-9443, Dept. D-85.

GOLF CARS - Special on 1989 E-Z Go's; 1986-1987 4-wheel E-Z Go's, gas and electric with warranty, \$1,400 up. Authorized E-Z Go Dealer. B&B Golf Car, Reform, AL (205) 375-2752.

Part-time work/full-time pay. Earn \$25.00-\$30.00/hour. Party Plan People needed immediately to introduce the beautiful lingerie awarded to the Miss Americas. Free kit, NO DELIVERY. Also booking parties. For interview call: 601-226/5343, 258-7325, 837-8384, 847-3567.

MISS. PRINT SHOP/OFFICE SUPPLY - Nine factories and residual work. In business 1930. Must sell, health. Call 601/487-3200.

165

Too Late

DELUXE EIGHT GUN CABINET WITH 5 guns included. \$600. 533-7197.

CONDO, DIAMONDHEAD BY OWNER: TWO BEDROOM TWO BATH, unfurnished on corner. New - carpeting, drapes, blinds, washer, dryer, microwave. 255-3360.

LOST: BLUE EYED SIBERIAN HUSKY, female, on medication, children's pet, Waveland area. 467-0842 or 504/945-7187 collect.

GARAGE SALE: 920 CARROLL, WAVE-LAND. Baby clothes, all sizes; toys, dresses; boys, women, mens clothes, all sizes, summer and winter. Friday and Saturday, 7 till.

GARAGE SALE: 637 PONCE DE LEON, Pass Christian Isles, 8-5, Saturday. Lots of miscellaneous.

Public Notices

NOTICE TO THE CITIZENS
OF HANCOCK COUNTY

NOTICE is hereby given that a request has been filed with the Board of Supervisors of Hancock County, Mississippi, for the incorporation of additional territory into the Fenton Fire Protection District of Hancock County, Mississippi as a part of said Fire District; said request having been filed with the Board of Supervisors of Hancock County, Mississippi on the 3rd day of July, 1989, and said request is now on file in the office of the Board of Supervisors of Hancock County, Mississippi. The undersigned, KNOX WHITE, TRUSTEE, to foreclose said trust and to sell the property therein described in satisfaction of said indebtedness secured by said deed of trust.

NOW, THEREFORE, the undersigned, KNOX WHITE, TRUSTEE, will on the 25th day of July, 1989, within legal hours, at the main front door of the County Courthouse for Hancock County, Mississippi, in the City of Bay St. Louis, Mississippi, and to the highest bidder or to the highest bidder for cash, at the main front door of the County Courthouse for Hancock County, Mississippi, in the City of Bay St. Louis, Mississippi, to-wit:

Lot 42, Block 8, WAVELAND TERRACE SUBDIVISION, as per map or plan of said subdivision on file in the office of the Chancery Clerk of Hancock County, Mississippi, in the City of Bay St. Louis, Mississippi, to-wit:

The undersigned to Confer Tax Title filed against you in the name of KNOX WHITE, TRUSTEE, to foreclose said trust and to sell the property therein described in satisfaction of said indebtedness secured by said deed of trust.

I will convey only such title as is vested in me as Trustee.

SIGNED, POSTED, AND PUBLISHED this 5th day of July, 1989.

KNOX WHITE, TRUSTEE
7-6; 7-13; 7-20; 7-27-89STATE OF MISSISSIPPI
NOTICE OF TRUSTEE'S SALE

WHEREAS, on the 28th day of August, 1988, James E. Shifflet and Debra Shifflet executed a deed of trust to Sam L. Favre, Jr., Trustee, to foreclose said trust and to sell the property therein described in satisfaction of said indebtedness secured by said deed of trust.

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Bassin' with the pros

Earl Bentz
Steve Price

Tips to take care of your boat

Bass boats are a little like gardens. They require care and attention in order to produce the best results.

Unfortunately, says Evinrude Outboards Pro Staff angler and boat dealer Bo Dowden, many fishermen don't feel that way, and as a result, they often have to pay heavy maintenance and repair bills.

"The biggest mistake I see," says Dowden, "is that people don't prepare the boat properly for storage. You can't simply park your boat in your driveway, or even in your garage, and walk away."

"If you do, you're asking for trouble, and it can be expensive."

Boats left in this manner may still have water remaining in their lower units. If this water freezes, it can crack the lower unit and necessitate a major repair.

If you're planning to put your boat into storage anytime in the future, says the Evinrude pro, follow these tips:

"Change the oil in the lower unit before storage. This will remove any water and prevent freezing. Even in hot weather, it's a good idea to get the water out."

"Fill the gas tanks to capacity. This will keep water from condensing because there isn't any air in the tanks. If you don't do this, the water formed by condensation will contaminate your gasoline and you'll have to drain the tanks."

"It will also help to add some fuel conditioner to the gasoline," says Dowden. "This is available from most boat and outboard dealers, and also helps keep the fuel from going bad."

"Once you do this, crank the engine and let it run for about five minutes to circulate the fuel conditioner. This will keep sludge deposits from building up in the engine during storage."

Before shutting off the motor inject a rust preventative fogging oil in the engine. Fogging oils are available at your dealer with instructions on proper use.

The batteries don't have to be recharged, says Dowden, but simply disconnected. They should be charged about once a month to keep them from deteriorating.

Dowden also suggests fisher-

men put a fresh coat of wax on the boat, then store it in a shady place. The wheel bearings should be greased, and the boat covered, if possible.

"After that," says Dowden, "the boat should be ready to go the next time you're ready to go."

Owner of Johnson® and Evinrude® electric positioning motors might like to try OMC's weedless propeller for those motors. It has a close-fitting hub and special swept-back

blades that OMC says keep it from snagging without sacrificing thrust.

The prop fits Johnson and Evinrude electric models from 1982 through 1989 and is available from Johnson and Evinrude outboard dealers.

Frank Hille's Quick Lube

World Class While-U-Wait Protection

467-7288

NO APPOINTMENT NEEDED

We Will Match all Hancock County Prices with coupon or ad

221 Hwy. 90 Waveland, MS

\$IZZLING SUMMER SELL-A-BRATION

HOME PROJECT HEADQUARTERS

Prices Good Thru July 30, 1989

CROFT INSULATED BRONZE WINDOWS

SAVE ON YOUR COOLING BILLS!

2'0" x 3'0" **43.99**

2'0" x 3'0" 3'0" x 3'0" 2'8" x 4'4" 3'0" x 4'4"

53.99 55.99 64.79 65.99

2'0" x 3'0" #10082 #10124 #10090 #10140

SINGLE HUNG, SINGLE GLAZED ALUMINUM WINDOWS

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2'0" x 3'0" **23.99**

2'0" x 3'0" 2'8" x 4'4" 3'0" x 4'4"

27.49 27.99 32.99 34.99

2'0" x 3'0" #9811 #9845 #9829 #9852

MILL FINISH 6 FT. SINGLE GLAZED ALUMINUM PATIO DOOR

Door comes complete with tempered safety glass, forced entry security lock, full reversible sliding panel and screens.

2'0" x 3'0" **129.**

2'0" x 3'0" #160473

GYPSUM BOARD

1/2" x 4' x 8'

Cash & Carry 259

1" x 12" #115956

PINE SIDING

3/4" x 4' x 8' 4" On Center

Natural Rustic Appearance. Exterior Grade, Paint or Stain

RUFF SAWN PINE

No Groove 3/4" x 4' x 8' **99**

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Premium Gold Ln. Ft. **54¢**

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Your Choice! **33.**

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COMMUNITY

SECTION C

THE SEA COAST ECHO—THURSDAY, JULY 27, 1989-1C

JTPA-sponsored class designed to improve reading, math skills

BY DENA BISNETTE

A group of 14-and-15-year-olds are being paid to go to Bay Senior High this summer and catch up on their reading and math skills.

The students, under a Job Training Partnership Act-funded program administered through Gulf Coast Business Services, are using computers to increase reading and math proficiency, said teacher Beth Favre.

The program requires that students be JTPA-eligible, meaning that they must be from lower-income families. The parents made application to the program as if they were trying to place the students in JTPA summer employment.

In addition, the students must be achieving at least one level lower than their current grade in reading and math. They are expected, by the time they finish the program, to improve by at least one level in each.

Favre said the students work at their own pace, testing themselves after each lesson. If one of them makes an error, the computer presenting the lesson shows that the answer is wrong, then guides the youngster back to the beginning of the math or reading exercise.

Bay High has about 18 students enrolled this year, some working on computers owned by the school and some on machines loaned by the Pass Christian School District.

The Hancock County School District is also providing the program and can accommodate more students because two sites are available, Favre said.

"This is kind of new to Bay High," said Favre, "but we hope to do this again next year."

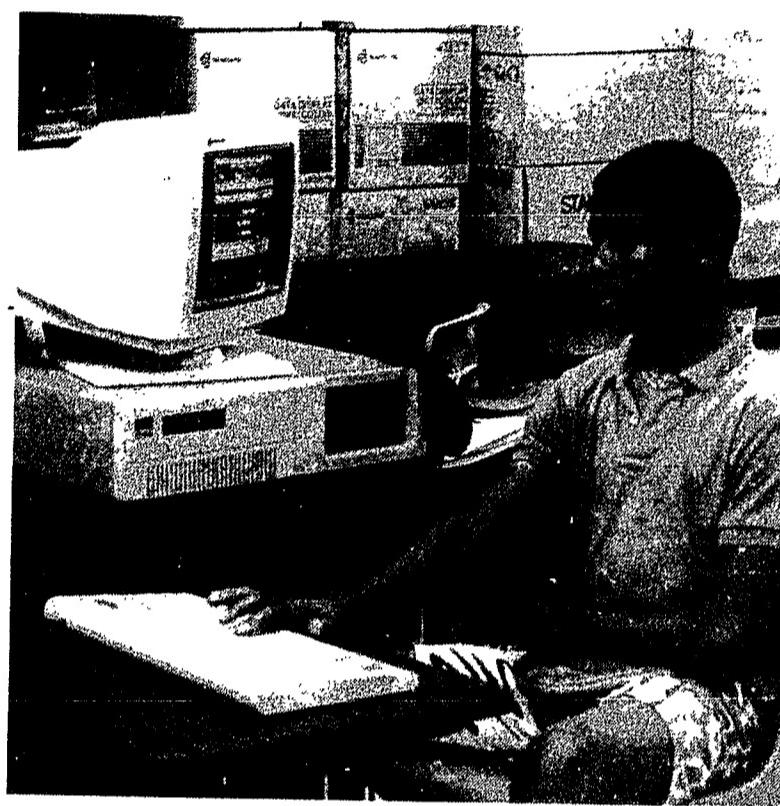
A similar program is operated during the school year, but students are not paid. In the summer version, the children are paid per hour, working four hours each day from Monday through Friday.

"We pay them \$2.85 an hour. We don't pay minimum wage for this," she explained.

Because the program is computer-assisted and focuses on remedial learning, it has similarities to Chapter I. Chapter I also deals with

math and reading skills, but is designed for younger children. In addition, Chapter I is open to any child achieving below grade level, not just those from financially disadvantaged families, Favre commented.

In teaching, she is often assisted by LaShawn Hawkins, a summer worker who took the class during the school. The two give students having difficulties or questions about their lessons indi-



vidual assistance.

The students work on basics like fractions, decimals, word definition and reading comprehension.

"I'm also learning a lot about using computers," a student commented. "My parents told



Teacher Beth Favre, right, assists a student.

me that computers are a good thing to go into."

Because she had finished her lesson, she demonstrated one of the supplemental learning games available. She chose one on reading comprehension and logical thinking skills.

The student can choose from among several speed options. In the game, words from a paragraph scroll across the screen. The student reads the paragraph, then answers several questions about it.

In the next step, the paragraph is presented for reference while the student answers logic questions based on the information it provides.

Favre uses those games, as well as some non-learning games, to reward students who make progress.

At another terminal, a student was working on her math lesson, changing fractions to decimals and working problems with them.

Favre said she tested the students when the program was halfway finished and again this week before the program ended.

She expects the results to vary from student to student.

"When I gave them the midterm test, for example, I found one boy who had improved four levels in reading, but he hadn't done anything yet in math," she explained.



Computer workshop offered

Individuals interested in increasing their personal computer skills may want to enroll in a three-day computer workshop at the University of Southern Mississippi.

"Your key to PC Write and MS DOS," planned for Aug. 4-6, is designed to teach the essentials of using a computer. Topics for the workshop include learning the basic components of the computer, using MS DOS and word processing with PC Write. This hands-on workshop will

provide a free copy of PC Write version 3.02 for each participant.

Dr. Dennis Canfield, USM associate professor of polymer science, will teach the workshop. Canfield has written software for schools, banks, industries, financial institutions and scientific laboratories.

Cost of the workshop is \$110 for the entire session or \$85 per day. For more information or to register, call USM Lifelong Learning at 266-4201.



USM to offer August orientation session

Individuals planning to attend the University of Southern Mississippi as new students during the fall semester may benefit by making plans to attend an August orientation session.

"USM Preview: Orientation, Southern Style," planned for Aug. 3, offers new students the chance to visit the campus, become acquainted with the university and register for the fall semester.

Participants will meet with academic advisers and receive assessments and financial assistance during the one-day session. Transferring students

also will receive a transcript evaluation.

Parents are invited to attend the orientation session. Information will be presented on campus living, residence life, health and diet matters, safety and financial planning.

Fee for the session is \$25, which includes lunch. Fee payments must accompany applications to guarantee reservations.

For more information or to register, contact the USM Student Orientation and Retention Office by writing Southern Station Box 5112, Hattiesburg, MS 39406-5112, or call 266-4848.

PRCC orientation session open to freshmen, sophomores

Pearl River Community College will hold an orientation/early registration session Wednesday, Aug. 2, for freshman and sophomore students who missed the earlier sessions.

The program, which is open

to all incoming students, will begin at 9 a.m. with check-in.

Students who attend the program will receive their fall schedule and take campus tours.

Parents are also invited.

Cost of the session is \$10 for students and \$2.50 for parents, and includes lunch.

For more information call 795-6801.

NTE exams set at USM

Arrangements have been made for a special administration of the National Teacher Examinations on Aug. 11 and 12 at the University of Southern Mississippi in Hattiesburg.

The CORE Battery (all three modules) and all Area Specialty Tests will be available. Anyone who wishes to register for the NTE and be assured of a test must correspond with Dr. Bill Ferguson at USM (266-4566) or the Office of Teacher Certification (359-3483) before July 31.

The communication should provide the person's full name, current address and the test(s) for which he/she will register. The candidate will not receive a registration form in the mail but will register at the test site on the day of the test.

Cost will be as follows:

All examinees will pay a \$10 special administration surcharge in addition to the appropriate fee from the schedule

below.

Area Specialty Test, \$45; CORE Battery (all three modules) \$70; two CORE Battery modules, \$50; and one CORE Battery Module, \$30.

Checks or money order must be made out to National Teacher Examination and shall be brought to the test site on the testing day(s). Do not mail check or money orders.

The schedule for testing at the USM Educational/Psychology Building will be:

Specialty area test, 5 p.m., Aug. 11; Communication Skills, 7:45 a.m., Aug. 12; General Knowledge, 10:55 a.m., Aug. 12; Professional Knowledge, 2:15 p.m., Aug. 12.

State law requires candidates to have valid scores on both the CORE Battery (all three modules) and an area specialty test for initial certification.

Environmental education program available through Forestry Commission

Project Learning Tree (PLT), a national award-winning K-12 environmental education curriculum introduced to Mississippi teachers and other youth educators only last year, is gaining rapid and wide acceptance all across the state, according to Bill Colvin, statewide coordinator and director of information-education for the State Forestry Commission.

The multidisciplinary PLT program offers teachers an excellent teaching tool which uses the forest as a window into greater awareness and appreci-

ation for the entire environment, including forest, soils, wildlife, air and water.

It teaches school-age youngsters how to think and not what to think. It equips them to evaluate environmental matters from all sides and make sound decisions about the use of our natural resources.

Teachers are trained in a six-hour workshop to use the PLT material. The PLT activities can be used right along with whatever they are teaching. The youngsters especially enjoy PLT activities because they are

"hands-on" learning experiences as opposed to lectures. Colvin said 11 six-hour PLT educator workshops were conducted in the state in 1988, the first full year of the program in Mississippi. "We'll more than double that number of workshops in 1989," he noted. "Getting the activities correlated with the state's curriculum structure manual really helped get the educators interested in using the PLT materials," Colvin related.

PLT is sponsored in Mississippi by the Mississippi Fore-

stry Commission, Mississippi Forestry Association and the Tennessee Valley Authority. Approximately 20 conservation-minded agencies and organizations support the program. More than 100 volunteer workshop facilitators located in 50 counties are available to hold workshops in local schools.

For more information on PLT, or to schedule a six-hour workshop, contact the State PLT Coordinator at 301 N. Lamar St., S-300, Jackson, MS 39201 or phone 359-2838.

Students who attend the program will receive their fall schedule and take campus tours.

Parents are also invited.

Cost of the session is \$10 for students and \$2.50 for parents, and includes lunch.

For more information call 795-6801.

Top bands featured in concert

The annual "Bluegrass Afternoon" is scheduled for Aug. 5 with four top music groups at the Mississippi Agriculture and Forestry Museum in Jackson.

Sponsored by the Magnolia Bluegrass Association and the museum, the event will feature an afternoon and evening full of good music and good food. During breaks between each bluegrass performance, a group of cloggers will entertain the crowd.

The "Bluegrass Afternoon" will begin at 3 p.m. and end at 8 p.m. Museum personnel believe this will be one of the biggest bluegrass performances held there.

Featured during the day will be Thomas Tate and The Coun-

gians from Laurel; Backwoods Bluegrass from Bay Springs; Home Boys Bluegrass from Collins; and B.F. Mimms and Delta Bluegrass from Greenwood.

Thomas Tate and The Coun-

gians feature 10 different instruments for their own unique style of bluegrass music.

The group has produced three albums.

The leader of the group, Thom-

as Tate, who also is a profes-

sional wrestler, works with two

annual musical events, the

Maynard Creek Park in Waynesboro, and the Little Black

Creek Water Park in Purvis.

Backwoods Bluegrass is com-

posed of young adults, who play

and sing traditional and gospel bluegrass with three and four-part harmony. They have been playing professionally for eight years.

Members of Backwoods Blue-

grass are Steve Aycock, lead

guitar; Randy Corbey, guitar;

Wiley Phillips, mandolin; Joe

McNeil, banjo; and Glen

McNeil, bass.

The youngest group will be

Home Boys Bluegrass, which

has been performing about five

Bruce Rodgers, the banjo

player, has won the state

championship twice. The

group's leader, Gayle Rodgers,

also is a minister. He is active in

promoting traditional

bluegrass.

The oldest group to perform will be B.F. Mimms and Delta Bluegrass. Their combined expertise spans over 100 years.

Mimms, 65, began playing bluegrass music when he was nine years old. Due to collective efforts in promoting traditional bluegrass music, this group stays busy with performances.

"Bluegrass Afternoon" will take place at the museum amphitheater, and lawn chairs and blankets may be brought for the outdoor event.

The museum is on Lakeland Drive at Interstate 55 North, Exit 98-B. Admission is \$3 for adults, \$2.75 for senior adults and \$1 for students (ages 6-18).

For more information, call the museum at 1-354-6113.

Former St. Stanislaus Camp counselors slate reunion

and their families are asked to bring a picnic lunch.

For further information contact David Treutel Jr. in Bay St. Louis at 467-4613 or 467-5662.

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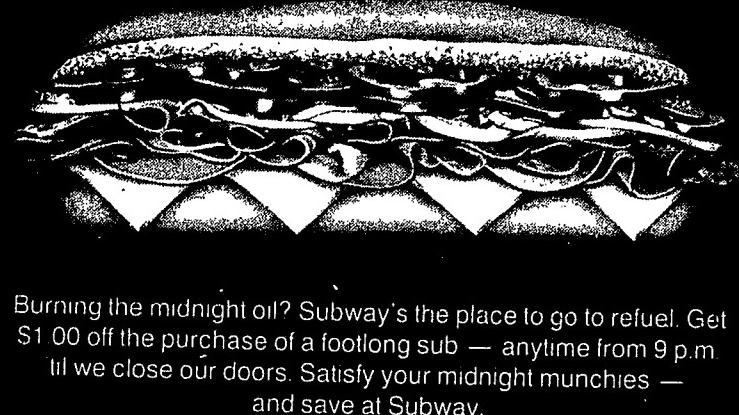
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A thought for
from our pastor F.
Furman, ST.

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Trinity D

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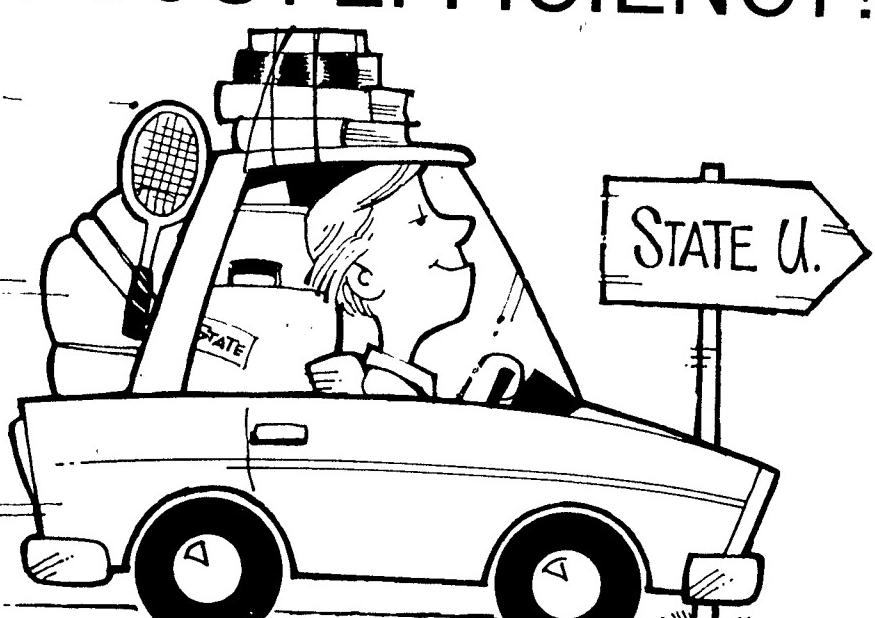
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EASTER SEALS IN JULY—Easter Seal Regional Director Sandy Dickerson presents a plaque of appreciation to Sherlyn Breland of Peoples Federal Savings and Loan for their service to the charity's fund raising drive over the last nine years. From left are

teller Lisa Burzelleri, Breland, teller Kim DeBen and Dickerson. According to Dickerson, Easter Seal money is used throughout the year in the areas where it was collected. (Echo staff photo by D.C. Harvill)

CONSUMER UPDATE

Saving on auto insurance premiums

By Janet K. Lukens
Area Consumer
Management Specialist

The possibility of an automobile accident is one of the most dangerous risks we face. There are about 25 million automobile accidents in the United States each year.

Auto accidents in this country take a staggering toll on life and property with about one death for every 5,000 persons and an economic loss of \$270 for every man, woman and child.

Most of these losses had direct impact on insurance claims and indirect impact on the cost of insurance. Though Mississippi car insurance rates are currently the fifth lowest in the nation, premiums can still make a big dent in the average budget. Consumers can influence the cost of their automobile insurance premium in a variety of ways.

One way to reduce your pre-

mium is by changing your policy coverage. You can lower your coverage for bodily injury and property damage liability to the minimum limits set by the State of Mississippi.

According to State Insurance Commissioner George Dale, two areas which have the greatest effect on car insurance rates are medical payments and uninsured motorist coverage. By increasing your deductible from \$200 to \$500, you can lower the cost of your collision premium by 14 to 30 percent.

Eliminating collision and/or comprehensive coverage from your policy for vehicles valued at less than \$2,000 will further decrease your premium.

Insurance companies also offer many discounts for qualified drivers. If you have more than one car in your household, you can save about 15 or 20 percent by insuring all the vehicles on a single policy with the same company.

Your insurance company may also offer a discount of 5 to 15 percent for insuring both home and auto. Drivers ages 50 or 55 and older may qualify for discounts of 10 to 20 percent, depending on the company and how much they drive. Drivers with accident and/or violation-free records also qualify for the good driver discount with many companies.

Some insurers guarantee that is a long-term customer maintains a period of accident-free years, his/her rates will not go up after the first at-fault accident. A few companies offer discounts for non-drinkers and/or non-smokers.

Commuters sharing driving responsibilities may qualify for discounts of 10 to 20 percent. If your vehicle is driven infrequently, you may qualify for a reduced premium for driving fewer than a certain number of miles per year.

Your premium may also be affected by the car you drive. Many companies offer discounts of 10 to 30 percent for vehicles with automatic seat belts and/or air bags. Premiums are higher for autos that are more expensive to repair or that offer passengers less protection from accident injuries.

Sport and luxury cars that are popular with car thieves are also more expensive to insure. Discounts of 5 to 15 percent are offered in some states for cars equipped with a hood lock and an alarm or a disabling device that prevents the car from being started.

Check with your insurance company for these and other opportunities for reducing the cost of your automobile premium. For further information on auto, homeowners and business insurance contact the Insurance Information Institute at 1-800-221-4954.

MILITARY MENTION

ENSIGN KOLODZIEJ
Navy Ensign Christopher J. Kolodziej, son of John S. and Sandra L. Kolodziej of Bay St. Louis, was commissioned upon graduation from the University of Notre Dame, Notre Dame, Ind.

Kolodziej received his commission upon completion of the school's Naval Reserve Officer Training Corps (NROTC) Program.

During each undergraduate semester, Kolodziej completed naval science courses as well as his full academic schedule that led to his bachelor of business administration degree. These courses, combined with annual summer training aboard ships and shore installations, served to prepare him for the duties and responsibilities of a commissioned officer.

He is a 1985 graduate of St. Stanislaus High School.

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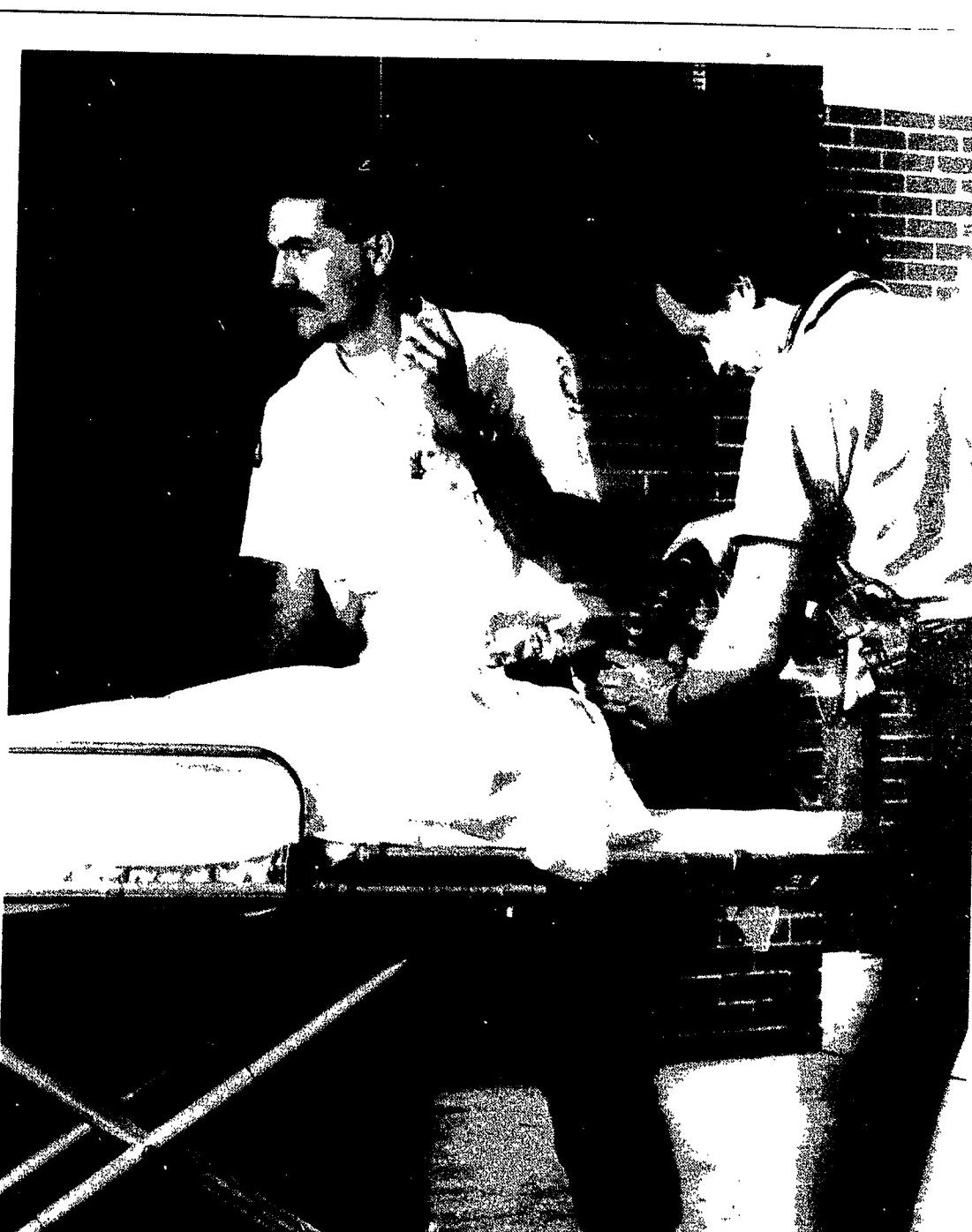
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DEADLINE FOR JOINING IS JULY 31st

ST. ANN CHURCH NEWS

A thought for meditation from our pastor Father Justin Furman, ST.

"You don't have to be listed in Who's Who to know what's what."

Trinity Day Camp continues

'Cars, Boats and Things That Go' is the theme for the Summer Day Camp being held at Trinity Episcopal Church in Pass Christian through Friday, Aug. 4.

This camp is for boys and girls who are 6½ to 9 years old. Hours are 9 a.m. to noon through Thursday and later on

—William Bennett

—Anonymous

"Anxiety demands that you take care of yourself without God's aid."

Father Justin announced, Karen Williams, because of personal responsibilities, reluctantly had to resign as St. Ann-St. John CYO advisor. She will be missed by everyone, especially by the teenagers with whom she worked so closely. Thanks, Karen, for your dedication and a job well done. May God bless you!

Beginning this week, St. Ann-St. John CYO members will meet 7 p.m. each Wednesday evening in the parish hall. Taking over as CYO adult advisor will be Suzette Ladner and as her assistant, Tiffany Baughman. Good luck to both of you.

Fridays due to special field trips and picnics.

Activities include field trips, music, games, arts and crafts, creative cooking, stories and movies and water sports.

For information, call Martha Burdette, 452-7180 or Phyllis Brack, 467-0458.

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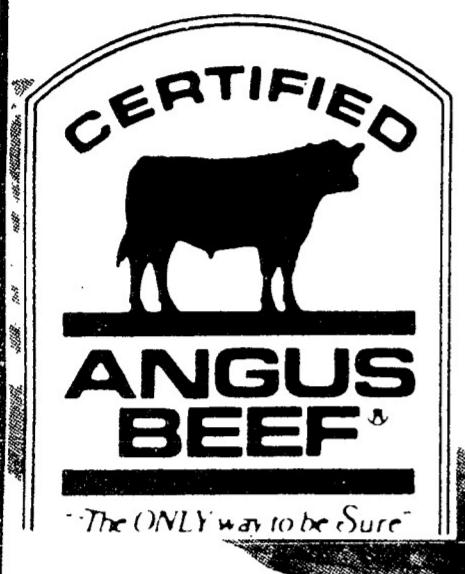
The American Board of Plastic Surgery is the only recognized Board that certifies the qualifications of plastic surgeons. This comes after a minimum of five years of post-graduate training and passing written and oral exams. These are the "real plastic surgeons."

4C-THE SEA COAST ECHO—THURSDAY, JULY 27, 1989

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Lb.

Marshall Durbin, Premium
Fresh Fryer Split Breast
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Jumbo Bartlett Pears

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- Judy Ray, Long Beach
- Verlin Lacoste, Morgan City
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- Rudy Duhon, Crowley
- John Taylor, Chalmette

- Audrey Bourque, Abbeville
- Mary Handy, Rayne
- Elgine Toney, Crowley
- Ronald David, Port Allen
- Mary Jane Eli, Baton Rouge
- Dante Smith, New Sarpy
- Lela Bergeron, Morgan City
- Velma Landry, Kaplan
- Charles Schlater, Port Allen
- Clara Farlough, Reserve
- Gertrude Lombas, Berwick
- Ruth Delaune, Morgan City
- Mrs. G. Boudreaux, Pierre Part
- Dora Barger, Lockport
- David White, New Iberia
- Anna J. Sturm, Slidell
- Debora Bertrand, Abbeville
- Vickie Leonards, Abbeville
- Mary Smith, Crowley
- Wanda Pinkney, Brusly
- J.P. Poss, Ocean Springs
- Terika Speights, Slidell
- Robert Carlisle, Meraux
- JoAnn Johnson, Mobile

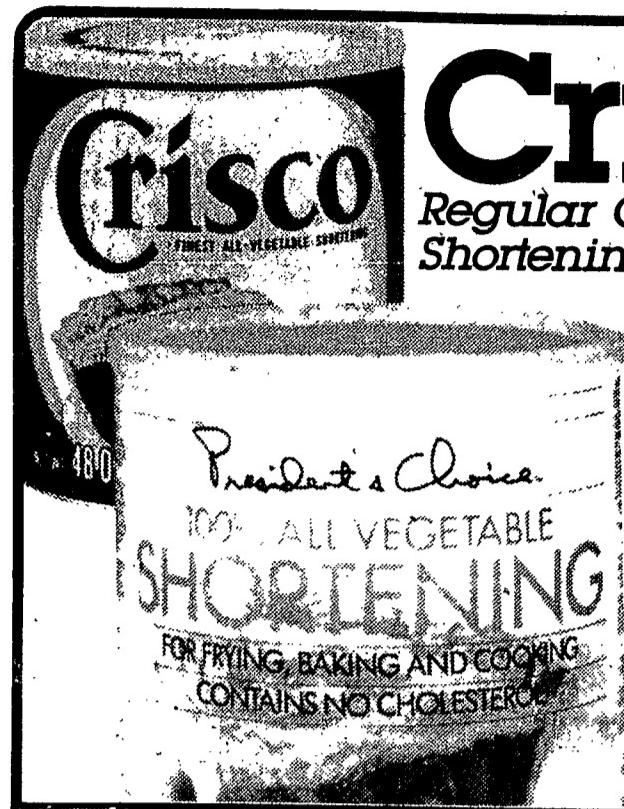
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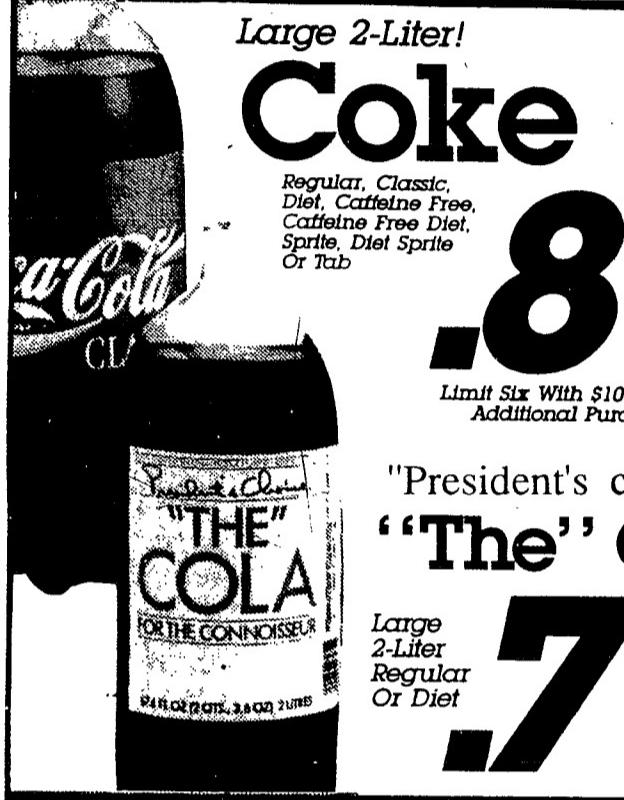
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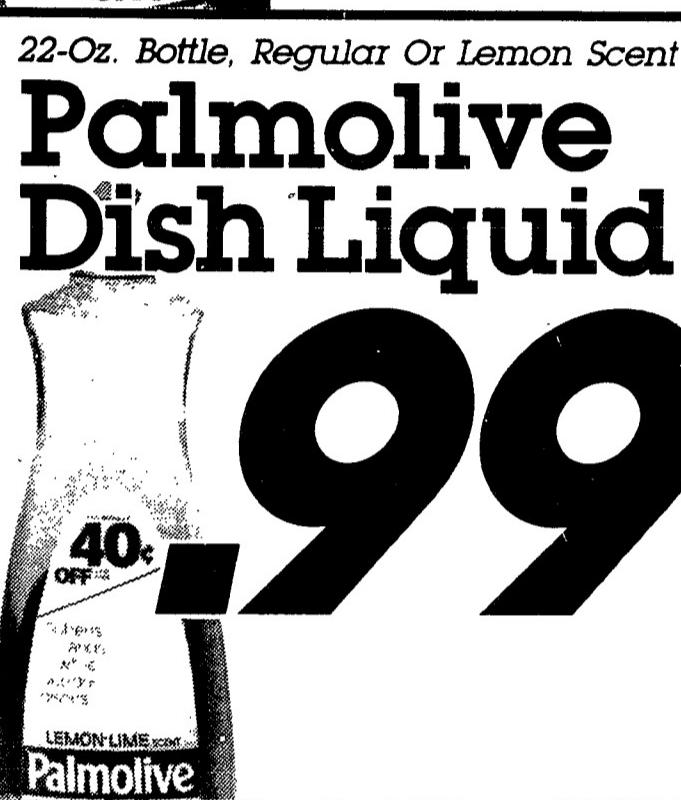


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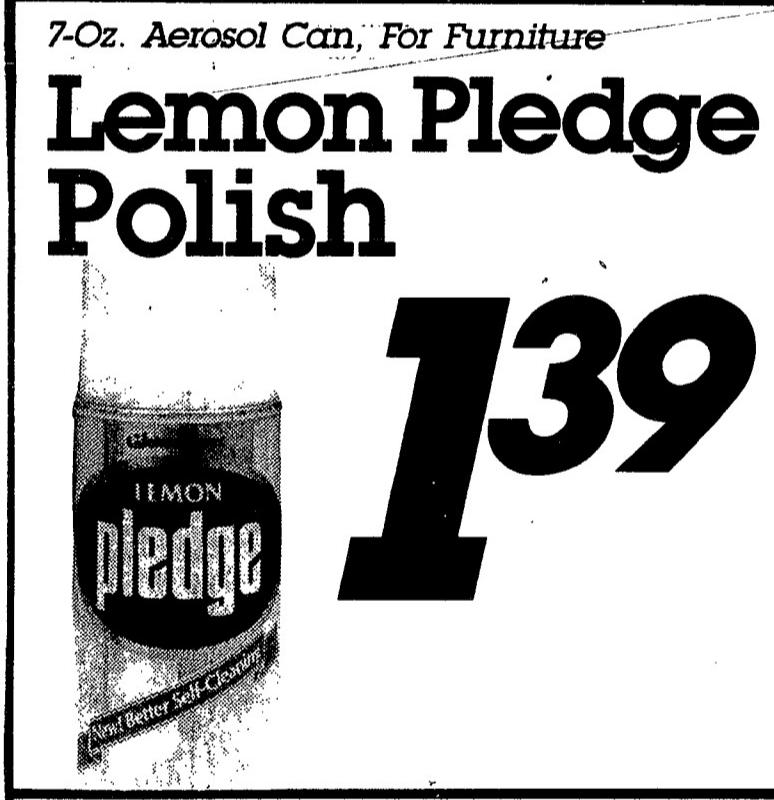
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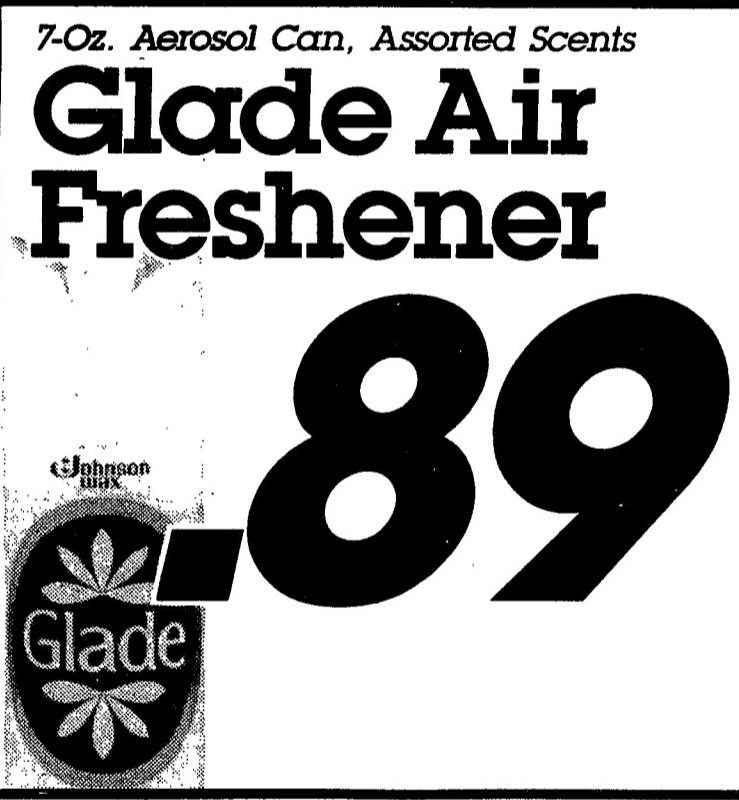


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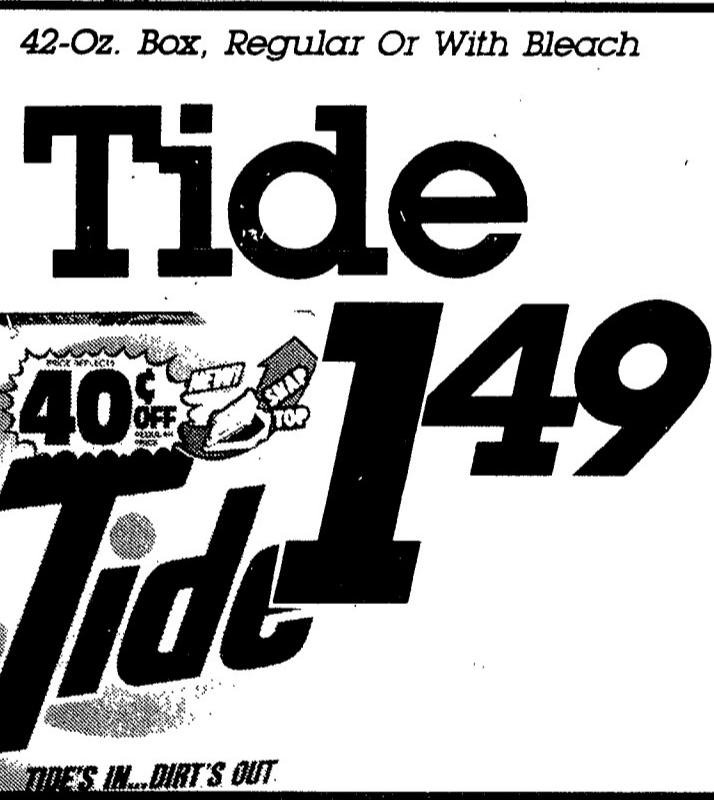


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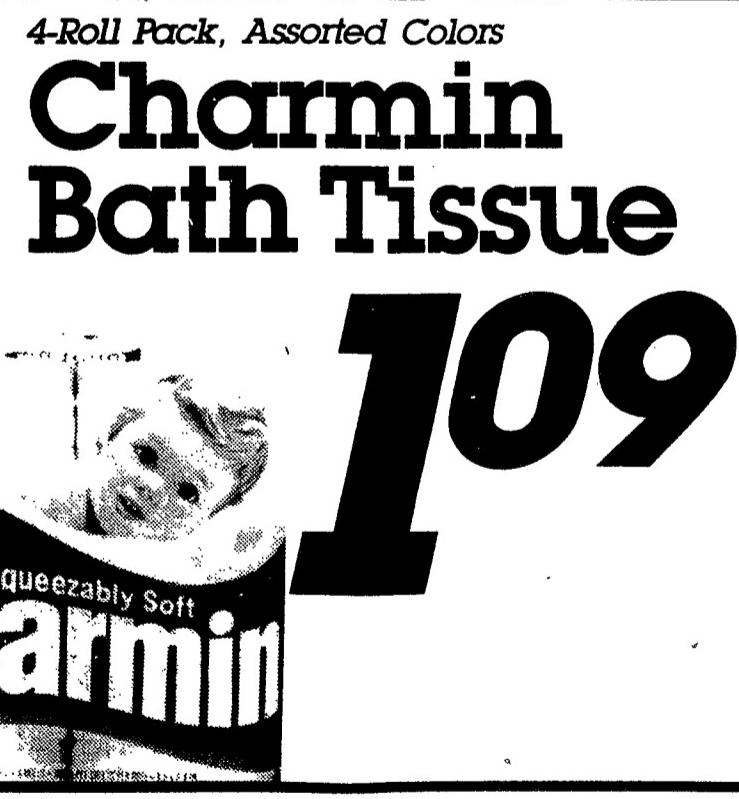
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The Hancock County Library System reports the following books listed on the New York Times Bestseller List have been ordered by one or more of the system's libraries. To check the availability of title, contact the library whose letter designation follows the title. B, Bay St.; L, Louis; K, Kiln; and W, Waveland.

FICTION

- 1 THE RUSSIA HOUSE, by John le Carré. Espionage changes its way as glasnost begins to rust the Iron Curtain. (BWK)
- 2 TALKING GOD, by Tony Hillerman. Two New Mexican policemen pursue a mystery involving valuable Indian ceremonial masks. (B)
- 3 WHILE MY PRETTY ONE SLEEPS, by Mary Higgins Clark. The murder of a gossip writer creates a storm in New York's high-fashioned world. BW
- 4 THE NEGOTIATOR, by Frederick Forsyth. An American expatriate thwarts terrorists' attempts to prevent the signing of a disarmament pact. (BW)
- 5 POLAR STAR, by Martin Cruz Smith. Russian and American teams investigate the mysterious movements of a Soviet ship in northern Pacific waters. (BW)
- 6 RED PHOENIX, by Larry Bond. Three American servicemen and the roles they play in a second Korean War. (BW)
- 7 THE JOY LUCK CLUB, by Amy Tan. The tensions and cultural bonds shared by Chinese-American women and their immigrant mothers. B
- 8 CAPITAL CRIMES, by Lawrence Sanders. A self-anointed messiah disrupts political and social life in Washington. (BWK)
- 9 THE TEMPLE OF MY FAMILIAR, by Alice Walker. The relations of the species, races and sexes through the past 5,000 centuries. (BW)
- 10 DAY OF THE CHEETAH, by Dale Brown. America's most advanced weapon falls into the hands of a pilot who is a K.G.G. mole. (B)
- 11 THE SATANIC VERSES, by Salman Rushdie. Two brothers from Bombay find themselves caught in the fires of good and evil in contemporary London. BW
- 12 RIGHTFULLY MINE, by Doris Mortman. An Ohio housewife makes it big in the international world of antiques. (BW)
- 13 A PRAYER FOR OWEN MEANY, by John Irving. A schoolboy who accidentally killed the mother of his best friend turns into a prophet with a message for our times. (B)
- 14 MAZE, by Larry Collins. A C.I.A. officer and a CIA track the comings and goings of a Soviet submarine in the Atlantic. (BW)
- 15 MY SECRET HISTORY, by Paul Theroux. The travel writer recalls his personal and professional life in an autobiographical novel. (BW)

NON-FICTION

- 1 IT'S ALWAYS SOMETHING, by Gilda Radner. The late comedian's memoir describes her battle with ovarian cancer. (BW)
- 2 THE GOOD TIMES, by Russell Baker. The New York Times columnist recalls his experiences from Baltimore newsboy to Washington correspondent during the 50's and 60's. (B)
- 3 A WOMAN NAMED JACKIE, by C. David Heermann. A biography of Jacqueline Kennedy Onassis. BW
- 4 ALL I REALLY NEED TO KNOW I LEARNED IN KINDERGARTEN, by Robert Fulghum. Inspirational essays about everyday matters. B
- 5 SUMMER OF '49, by David Halberstam. The year the Boston Red Sox and the New York Yankees battled to the last game for the pennant. B
- 6 LOVE AND MARRIAGE, by Bill Cosby. Observations on the elations and frustrations of romantic relationships. (BWK)
- 7 A BRIEF HISTORY OF TIME, by Stephen W. Hawking. A scientist's review of efforts to create a unified theory of the universe. (B)
- 8 THE ANDY WARHOL DIARIES, edited by Pat Hackett. Observations and opinions dictated by the artist and celebrity from 1976 to 1987. (BW)

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- *Collections
- *Divorce
- *Contracts
- *Adoption
- *Wills

Listing of these previously mentioned areas of practice does not indicate any certification of expertise therein.

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- 9 DAVE BARRY SLEPT HERE, by Dave Barry. A humorist's account of American history. (B)
- 10 GREAT PLAINS, by Ian Frazier. The history and legends of the American prairies depicted by a visitor from the East. (B)
- 11 ABOUT FACE, by David H. Hackworth and Julie Sherman. A career Army officer recalls his experiences in the Korean and Vietnam wars and in the Berlin wall and Cuban missile crises. (B)
- 12 THE NIGHT THE BEAR ATE GOOMBAW, by Patrick F. McManus. Twenty-six semi-autobiographical yarns by a devoted outdoorsman. (B)
- 13 CITIZENS, by Simon Schama. A history of the French Revolution. (B)
- 14 PAPA, MY FATHER, by Leo Buscaglia. The celebrator of the dynamics of human love recalls life with his immigrant father. (BW)
- 15 THE BRIDESMAIDS, by Judith Balaban Quine. Grace Kelly's wedding day in 1956 as recalled by her six attendants. (BW)

Hollandsworth named USM assistant VP for academic affairs

A veteran professor of counseling psychology has been named assistant vice president for academic affairs at the University of Southern Mississippi.

Dr. James G. Hollandsworth Jr., professor and director of doctoral training programs for USM's Department of Counseling Psychology, assumed his new duties July 19.

The appointment of Hollandsworth, 45, a member of the USM faculty since 1976, was announced at a regular Wednesday morning session of the Dean's Council by Dr. G. David Huffman, the university's new vice president for academic affairs.

Huffman, former dean of the USM College of Science and Technology, succeeded Dr. James Sims as academic vice president July 1. Sims, who had held the vice presidency since 1982, resigned at the end of the 1988-89 school year to return to full-time teaching and research in the English Department.

Hollandsworth, an expert on physiological bases for behavior therapy, joined the USM College of Education and Psychology faculty in 1976 and became a full, tenured professor in 1984. He had served as director of the counseling psychology doctoral training program since 1987.

He received a bachelor of arts degree in history from Davidson College, N.C., in 1966; a master's degree in guidance and counseling from the University of North Carolina at Chapel Hill in 1972; a doctorate in counseling psychology from the University of North Carolina at Chapel in 1975; a master's degree in physiology and biophysics from the University of

Mississippi Medical Center in 1982; and he studied experimental psychology at the University of Oxford in Oxford, England, while on sabbatical in 1988.

Hollandsworth is a member of numerous professional organizations; has authored two books and published scores of articles in scholarly journals; has compiled an impressive record in the areas of teaching and research; and has been the recipient of numerous awards, including USM's Faculty Excellence Award for University Service during 1987-88.

JSU commencement held

Jackson State University will hold its 1989 Summer Commencement exercises at 10 a.m. Saturday, July 29 in the Lee E. Williams Athletics and Assembly Center.

The degrees will be conferred by JSU President Dr. James A. Hefner. The university's seventh president will confer 121-bachelor's degrees, 71 mas-

ter's degrees, 17 specialist in education degrees and one doctoral degree during the ceremonies.

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LOCAL BRIEF

REGISTRATION

Registration will be held for vocational-technical night classes on Pearl River Community College's Poplarville campus from 4 to 7:30 p.m. Monday, Aug. 8, in the director's office of the vocational-technical building.

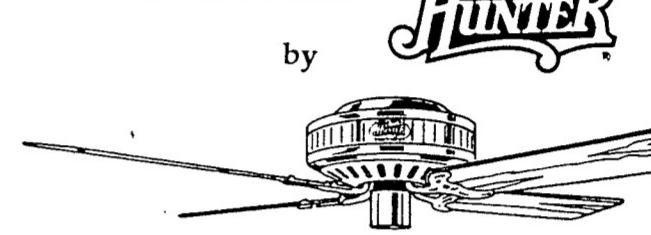
Classes are scheduled to begin Aug. 14, and all fees must be paid on or before that date. A minimum of 10 students must be registered for each class.



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In Mississippi Gardens



By Dr. David Nagel
Horticulturist
Mississippi Cooperative Extension Service

Red Panther Juice is one of the more colorful brand names given to monosodium methaneaspartate (MSMA). If you have a bermudagrass or zoysiagrass lawn with crabgrass, goosegrass or dallisgrass ailing its carpet-like surface, you need to become familiar with MSMA.

Early June is when all those seedlings that could have been controlled by an application of a pre-emerge herbicide in March have become full-grown plants.

It is much easier to prevent the seed from producing a seedling than to selectively kill a mature plant. However, if you didn't get around to a late winter weed control program, don't despair.

MSMA will aid in the control

the addition of a surfactant. You need to read the label.

The label also provides mixtures of the worst grassy weeds. It is sold under a variety of brand names including Crabgrass Killer, Arsonate liquid, Ansar, Bueno 6, Super 3 A.G., Lawn and Turf Weed Control, Decimate Concentrate, Clean Crop and many other names.

It is often sold as just MSMA with no other name. MSMA is good for controlling grassy weeds and any of the brand names will work if used properly.

The first step in using MSMA properly is to determine the strength of the formulation. MSMA is sold in 2, 4, 6, 6.6 and 8-pound per gallon formulations. All formulations above 4 pounds per gallon contain a surfactant. Less concentrated formulations may or may not need

Herbicides aid fight with problem grasses

ing instructions. In general from 2 to 4 tablespoons of 6 pounds per gallon is needed per 1,000 square feet of lawn.

A word of caution: MSMA cannot be used on St. Augustinegrass or centipedegrass. It is for use on bermudagrass or zoysiagrass only. Even the tolerant grass may be discolored after an MSMA application.

The second step in using MSMA is to apply the herbicide when temperatures are above 85 degrees and the undesired grasses are actively growing. It normally takes three applications at seven to 10 day intervals to provide desirable control.

What about people who have St. Augustinegrass? There is Asulox which does provide post-emergence grass control, but is relatively difficult to find, and the label directions need to be followed exactly. For those with centipedegrass lawns—no such luck. There are no herbicides labeled for home owner use for post-emerge grass control. Your re-emerge weed control program is your only option.

Now let us drop grass control and move on to that old nemesis, nutsedge. At one time all one could do was to spray

monthly with MSMA and obtain control in three to five years. A second option was Basagran, but it only worked on yellow nutsedge.

Now there is Image. Image controls nutsedge in all four of our major summer turfgrasses. Its effectiveness is increased if tank mixed with MSMA on those grasses MSMA can be used on.

Summer broadleaf weed control is accomplished with 2, 4-D, Dicamba, mecoprop or mixtures of these chemicals. Always follow label directions and be very careful not to use excessive rates of 3, 4-D on St. Augustine. Allowing these chemicals to drift or applying within the drop line also could damage shrubs and trees.

Editor's Note: Dr. David Nagel is guest writing for regular columnist Milo Burnham. Dr. Burnham will return to author next week's edition of "In Mississippi Gardens."

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Rivera Productions presents 'My Fair Lady'

Riviera Productions will present the popular Lerner & Lowe musical for three performances Aug. 18, 19 and 20 at the Saenger Theatre-Biloxi.

Bill Kulick will be artistic director, making his directing debut with more than 16 years of theatre experience.

Kulick moved to the Gulf Coast in 1972 with his family from Huntington Beach, Calif. He attended Coast Episcopal High School where he starred in Coast's productions of "Our Town," "Brigadoon," "Oklahoma," "Bell Book and Candle" and "My Fair Lady." Kulick also won state and local awards for prepared excerpts of Shakespeare's "Taming of the Shrew" and "Romeo and Juliet."

Kulick attended Haverford College where he continued his acting career in Haverford's productions of "The Beggar's Opera," "Damn Yankees," and "As You Like It." He directed the musical "Once Upon a Mattress."

While in law school at the University of Mississippi, Kulick prepared and presented award winning weekly commentaries for the university

television station.

A practicing attorney in the law firm of Golden, Kulick and Carson, Kulick has assisted directed and appeared in Riviera's own "Peter Pan," and starred with Susan Long in "Kiss Me, Kate." His most recent role was Clifford Bradshaw in the KNS production of "Cabaret."

Tickets are now on sale at the Gulf Coast Arts Council, Coast Coliseum. Gayle Clark Artisans, L & M Music and Peoples Bank in Bay St. Louis and downtown Gulfport. The Friday, Aug. 18 and Saturday, Aug. 19 shows are at 8 p.m. with reserved seating.

Tickets are \$10 advance, \$12 door. The Sunday matinee, Aug. 20, is at 2 p.m. with general admission prices \$8 advance, \$7 senior citizens and students.

Mail order is available using check, Visa, or Mastercard to Riviera Productions, Box 4148, Biloxi, MS 39535. For additional information call 896-9339 or 868-8210.

IN BRIEF

ARTIST FEATURED

Ocean Springs artist David Harris Jr. will be featured during August and September at Gulf Coast Research Laboratory's J. L. Scott Marine Education Center and Aquarium in Biloxi.

Harris' pastels and charcoal are part of a continuing exhibit of environmental, marine and aquatic artwork displayed at the MEC&A, located at Point Cadet in Biloxi.

The center is open from 9 a.m. to 4 p.m. daily except Sunday. Admission is \$2 for adults, \$1 for senior citizens and children ages 3-16, and 50 cents for groups who make advance arrangements.

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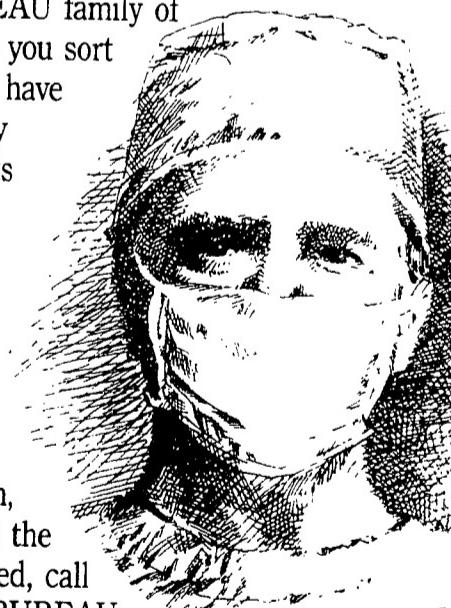
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Hancock Humane Society plans Sept. spay-neuter drive

In an attempt to get a handle on the pet over population explosion, the Hancock County Humane Society will once again hold a big spay-neuter assistance drive in the month of September.

To the usual monthly budgeted amount of \$400, the group will add \$1,000 to be given out in September to Hancock County residents who need financial assistance to spay or neuter their pets.

The ideal time for spaying a female dog is at or after six months of age. A female dog does not have to come into heat

before being spayed. In fact, spaying before the first heat cycle reduces the chances of mammary gland tumors, many of which are malignant.

One study showed a 200 times less chance of mammary gland tumors if the dog was spayed before the first heat versus after the first heat. It is recommended to have the pet up to date on its vaccinations, deworming and heartworm prevention.

Male dogs need to be neutered also. Advantages of castration include decreased roaming and decreased male

territory aggressiveness. The surgery is not as complicated as spaying and again it is recommended to be up to date with vaccinations, heartworm prevention and deworming.

Because there are so many unwanted animals that are taken into the shelter and euthanized from outside of Waveland and Bay St. Louis, the society hopes that the message will reach the outlying areas of Pearlington, Kiln and the northern part of the county.

Humane Society President Thyla Rogers asks everyone to spread the message, "the only

humane way to control our animal population is to spay or neuter the potential parent."

"If you know of someone who is carelessly allowing their dogs or cats to breed, please speak up, make them aware of the problem they are creating by their negligence and tell them that help is available," said Rogers.

Call the Hancock County Humane Society at 467-7686 or Janice Lynn at 467-6753. During the month of September, the Humane Society has a special number to call, Ruth Patterson at 466 3096.

State officials begin planning for arrival of African bees

They're mean, they're mobile and they may be in Mississippi sooner than you think.

Africanized honey bees, a spring of 26 colonies that were accidentally released in Brazil in 1957, are moving northward through Mexico and may enter southwestern Mississippi sometime in 1990, say Mississippi State University scientists.

Given their proven migratory abilities, the so-called "killer bees" could be a permanent threat by 1995 for the entire southern United States, from North Carolina to California.

In addition to planning for the state's response to the invasion, the Office of the Mississippi State Agri-cultural and Forestry Experiment Station and Mississippi Department of Health are working with the Mississippi Emergency Management Agency to develop a plan to deal with the invasion when it

became obvious they would eventually reach this country.

The April meeting was the first time federal, state, local and private resources had been gathered to deal with the situation.

"It was an exploratory meeting to determine first at whether an advisory committee was needed to develop statewide plans and discuss the option that corn pollen and Dr. Clarence H. Collier brought the MSU into the department. The decision was unanimous to proceed."

Representatives from the university, state health department and emergency management by telephone and fax attended the second meeting, said Dr. Michael F. Brown, director of the Mississippi Emergency Management Agency's Division of Preparedness and the Wildland Fire and Natural Resource Health Program.

"Given the fact that the bees can migrate from 200-300 miles a year, that would put them in the Brownsville area anytime from May to June of 1990," Jarrett said.

"Looking at the same potential for miles of migration per year, that means they probably could reach Mississippi in as little as two years."

Collison said the bees' arrival will likely mean problems for Mississippi agriculture, particularly fruits, vegetables and other crops that rely on bees for pollination.

"It will also be a people problem," Collison added, "in that innocent citizens who accidentally come in contact with the bees could experience multiple stings, since it is their nature to attack en masse anything that disturbs them."

Since 1957, the ferocious swarms are conservatively estimated to have killed more than 700 people in Latin America and stung at least another 70,000 seriously enough to require medical attention.

Jarrett said complete eradication of the swarms will not be an option. To even attempt it would be "a monumental task," he said.

But by being prepared, Collison said the state can ultimately lessen the total response cost. Estimating the cost of the state's response will be one of the areas to be addressed by the committee.

"Hopefully, funding arrangements can be made easier by having in place plans for managing the bees prior to their arrival," he said.

Hancock chapter Red Cross seeks to identify shut-ins

Local Red Cross chapters are reporting a sharp increase in the number of shut-ins.

"The number of shut-ins is increasing rapidly," said Mr. K. C. Gandy, chairman of the Hancock Chapter of the American Red Cross. "We are trying to find ways to help these people."

LOCAL BRIEF

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Free legal advice offered on 'Legal Line' Wednesday

The "First Wednesday Legal Line" offers the public an opportunity to call for legal information and referral services for a specific problem.

This service is especially intended for elderly, handicapped and low-income individuals who may not have access to an attorney or who may not know whether the problem requires the assistance of one. However, everyone with a question about the law is encouraged to call.

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Mon.-Fri. 8-5 p.m., Sat. 8-12 noon
Union Street 2 Blocks off Beach Bay St. Louis
MENTION THIS AD AND RECEIVE A 10% DISCOUNT

#2 Leisure Time Drive
Diamondhead
Bay St. Louis, MS 39520
(601) 255-7400

Nautilus ONE, Inc.

2 JOIN FOR THE PRICE OF 1

Now a couple can join the most complete recreation facility on the Coast for the price it normally cost one. CALL TODAY 255-7400!!!

- 3 Aerobic Classes Daily on Specially Cushioned Floor
- 21 Nautilus Machines for Muscle Strengthening
- Karate Classes
- Large Olympic Free Weight Room
- High-Tech Rowing Machines
- Stationary Bicycles • Computerized Treadmills
- Fully Stocked Pro Shop for Your Exercise Needs
- Personalized and Supervised Instruction
- Basketball and Wallball
- Separate Locker Rooms with Sauna, Steam, Jacuzzis and Sun Bed
- Indoor Heated Jr. Olympic Lap Pool with Handicap Ramp
- Two Racquetball - Handball Courts
- Water Aerobics
- Fully Stocked Health Food Bar
- Complete Line of Vitamins and Nutritional Suppliment Products

SUMMER SALE

As Low As **10.00** mo.*

WHIRLPOOL AIR CONDITIONER

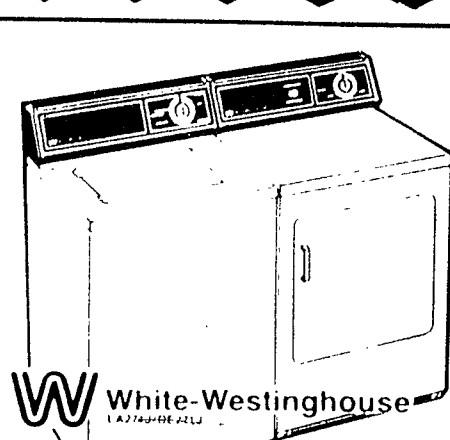
Reg. 279.95
Sale 249.95

• Adjustable thermostat • 2 speed fan • 2 way air direction • COMFORT GUARD® control (#271-144-013)

WHITE-WESTINGHOUSE AIR CONDITIONER

Reg. 359.95
Sale 330.95

• 7500 BTU/hr cooling capacity • 115 volt operation • Class A woodgrain front • Covered fan • 2 way air direction • Quick-cooling power thrust • Snap-on front panel • Attached quick-mount kit (#271-247-011)



WHITE-WESTINGHOUSE

As Low As **17.95** mo.* For Pair

WASHER

229.95 Everyday

• Large capacity • Timed fill •

Regular wash cycle • Hot/Cold Wash/Rinse combination

• Lock in Spin safety door

(#126-148-041)

DRYER

279.95 Everyday

• Regular timed dry • Efficient cross-vane tumbling • Optional accessory drying shelf •

Safety start button

(#136-145-047)

DRYER

279.95 Everyday

• Regular timed dry • Efficient

cross-vane tumbling • Optional

accessory drying shelf •

Safety start button

(#136-145-047)



As Low As **19.73** mo.* Reg. 699.95

• Huge 5.0 cu. ft. freezer and textured doors • Deep door shelves • Energy-saver switch • Roll-out wheels

• Adjustable split-level glass shelves • Fruit & vegetable keeper (#103-152-166)

WHITE-WESTINGHOUSE AIR CONDITIONER

Reg. 359.95

• 7500 BTU/hr cooling capacity • 115 volt operation • Class A woodgrain front • Covered fan • 2 way air direction • Quick-cooling power thrust • Snap-on front panel • Attached quick-mount kit (#271-247-011)

• Huge 5.0 cu. ft. freezer and textured doors • Deep door shelves • Energy-saver switch • Roll-out wheels

• Adjustable split-level glass shelves • Fruit & vegetable keeper (#103-152-166)

• Huge 5.0 cu. ft. freezer and textured doors • Deep door shelves • Energy-saver switch • Roll-out wheels

• Adjustable split-level glass shelves • Fruit & vegetable keeper (#103-152-166)

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• Huge 5.0 cu. ft. freezer and textured doors • Deep door shelves • Energy-saver switch • Roll-out wheels

• Huge 5.0 cu. ft. freezer and textured doors

He's Ready, He's Willing, He's Able. Who is This Guy?

He's the man behind the scene making sure that you get the best quality and cuts of the meat that you've come to enjoy. So come in and meet him. Your WINN-DIXIE Market Manager is there to serve you!



U.S.D.A. CHOICE UNTRIMMED 10-14 LB. AVG.

WHOLE BONELESS RIB EYES

\$3.99
LB.

W-D U.S.D.A. CHOICE BEEF
SPARE RIBS
\$1.29 LB.

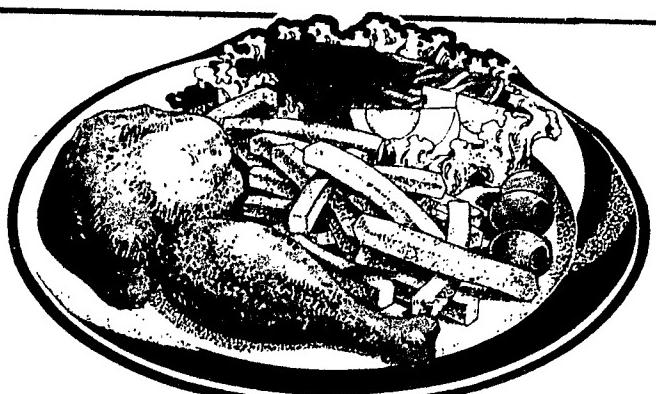


COCA-COLA

89¢
EA.

LIMIT 8 W/\$10 OR MORE FOOD ORDER

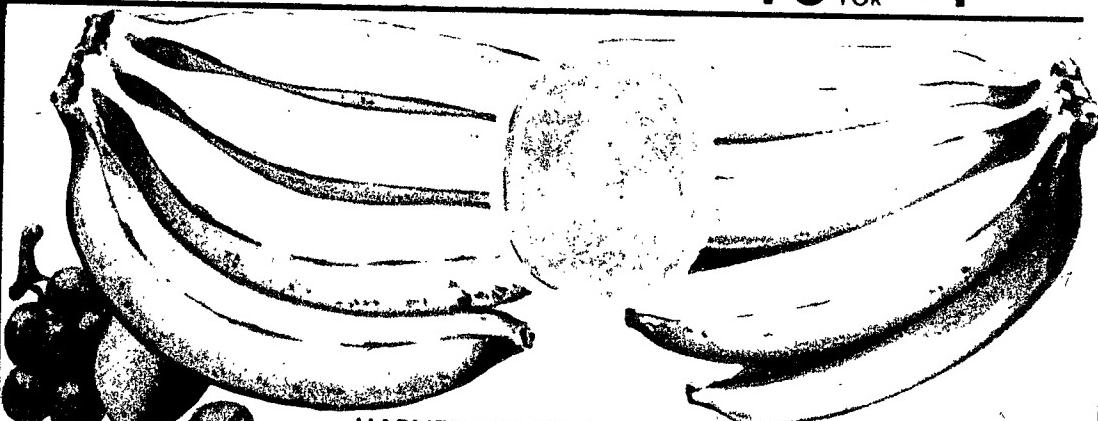
12 OZ. CANS ASSORTED FLAVORS
CHEK DRINKS
10 FOR \$1.89



GOVT. INSPECTED (IN APPROX. 10 LB. BAGS) FRYER

LEG QUARTERS

39¢
LB.



CHIQUITA BANANAS

3 \$1
LBS.
FOR

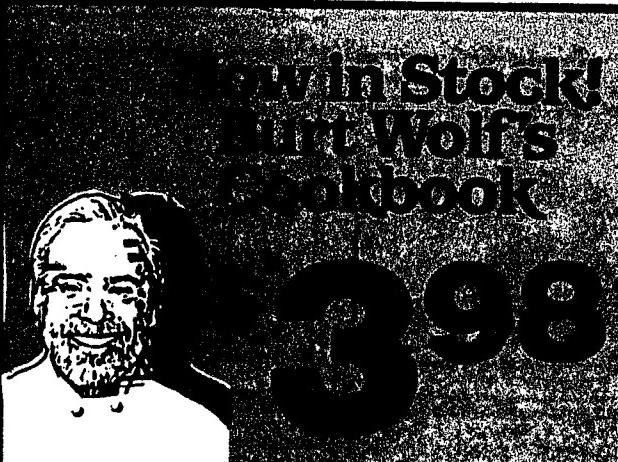


- Weekly Specials
- DOUBLE Coupons
- Power Buys
- Courteous Service
- Wise Buys
- Clean Stores

**Double
manufacturers'
Coupons**

7 DAYS A WEEK
(See Store for Details)

PRICES GOOD
JULY 27 - AUGUST 2, 1989



WINN DIXIE

America's Supermarket™

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Your WINN-DIXIE Market Manager is Working Just for You!
Here's Some of His Weekly Choice Buys!!!

US.D.A. CHOICE BEEF U TRIMMED
10-12 LB. 4VC

WHOLE BRISKETS

\$139
LB.

W.D.U.S.D.A. CHOICE BEEF WHOLE
Trimmed Briskets

LB. 1.79

MADISON HALF BONELESS
TURKEY HAMS

\$179
LB.

DELI-BAKERY

DELI FULLY COOKED REAL PIT-BBQ PLUMP JUICY
WHOLE CHICKENS

2 \$6
FOR

DELI BAKERY FRESH DELICIOUS LOUISIANA KRUNCH,
CHOCOLATE MOUND, BANANA PRALINE OR PINEAPPLE
UPSIDE DOWN
FRESH CAKES

\$349
EA.

AVAILABLE AT DELI STORES ONLY

TASTE-O-SEA 1 LB PEELED &
CLEANED SHRIMP

2.99
BAG

SEAFOOD KITCHENS 2 LB
FISH STICKS

BOX

W.D MARKET STYLE SLAB
SLICED BACON

99¢
LB.

LYKES 3 LB BACON
Ends & Pieces PK. .99

Ranquet
T.V.
BANQUET ASSORTED
DINNERS

99¢
EA.

DELI FRESH DELICIOUS CREAMY 14 OZ CTN
POTATO SALAD

99¢
EA.

DELI FRESH SLICED HERRLICH LEAN
BOILED HAM

2.79
LB.

DELI FULLY COOKED PLATE LUNCH SPECIAL 1/2
BBQ CHICKEN DINNER
WITH ALL THE FIXIN'S

2.29
EA.

DELI BAKERY FRESH DELICIOUS LEMON LOG
ROLL CAKE

1.89
EA.

Pork Riblets	LB. .69
Spare Ribs	LB. 1.59
Cryer Breast	LB. 1.69
Turkey Breast	LB. 1.49
Scallopine Boneless Hams	LB. 1.99

W.D FRESH 1 LB - MILD MEDIUM OR HOT) Roll Sausage	ROLL 1.49
PALMETTO FARM ALL VARIETIES 16 OZ Pimento Cheese	CUP 1.69
PALMETTO FARM ALL VARIETIES 8 OZ Pimento Cheese	CUP .99
MISS GOLDY GRADE A FRYER Breast Quarters	LB. 1.39
W.D SELECT LEAN FRESH PORK Shoulder Steaks	LB. 1.69

TYSON 7 OZ CHICK N QUICK SOUTHERN FRIED CHUNKS BREAST PATTIES CHICK N CHUNKS BREAST FILLETS SO FRIED BREAST TENDERS SO FRIED BREAST PATTIES OR Breast Chunks	PK. 2/5.00
THRIFTY MAID 8 OZ Broccoli Spears	2/.89
THRIFTY MAID 8 OZ Chopped Broccoli	3/1.00
TASTE-O-SEA 5 OZ Cooked Shrimp	2/1.00
SUN VALE FROZEN 10 OZ SLICED Strawberries	4/1.99

SUPERBRAND ASSORTED Super Hunk Cheese	LB. 2.39
SUPERBRAND 64 OZ CHILLED Orange Juice	1.39
SUPERBRAND 16 OZ REGULAR OR STA-FIT Cottage Cheese	.99
SUPERBRAND 8 OZ Sour Cream	.69
SUPERBRAND 8 OZ ASSORTED SWISS STYLE Yogurt	2/.89

YATPA LEAN 3 LBS OR MORE
GROUND CHUCK

LB.

YOUNG TENDER (THIN, CUBED OR REGULAR)
BEEF LIVER

79¢
LB.

ASTOR 12 OZ. FROZEN CONCENTRATE
ORANGE JUICE

99¢

SUPERBRAND 1 LB.
MARGARINE QUARTERS

3 \$1
FOR

TROPICANA 64 OZ. REGULAR OR
HOMESTYLE CHILLED
ORANGE JUICE

1.69

FILLER PAPER

68¢
EA.

MEAD 70 CT THEME BOOKS OR 10 CT.
PENCILS

48¢
EA.

24 CT. CRAYOLA
CRAYONS

98¢

10 CT. BLUE OR BLACK
BIC PENS

78¢
EA.

15 OZ. ASSTD. CONDITIONER OR
IVORY SHAMPOO

1.49
EA.

FISHERMAN'S WHARF
FRESH SEAFOOD

40-50 CT (STEAMED FREE)
HEADLESS SHRIMP

4.99
LB.

(EXCELLENT TO PAN FRY) H & G
CROAKERS

1.19
LB.

(EXCELLENT TO BROIL) OCEAN
PERCH FILLETS

1.69
LB.

(EXCELLENT TO BROIL) TURBOT
WHITEFISH FILLETS

2.99
LB.

IMITATION SALAD
CRAB MEAT

2.49
LB.

POND RAISED
CATFISH NUGGETS

1.89
LB.

DRESSED
WHOLE CATFISH

1.99
LB.

You can make a
big difference
in the war against hunger.
With WINN-DIXIE's "Even
Dollars" program, you can
help feed families. Your custom-

It's Back To School Time Again Start the Kids Off Right with these Specials!

4 ROLL PACK ASSTD. COLORS OR DECORATOR
ANGEL SOFT TISSUE
99¢
EIG ROLL WHITE OR YELLOW SUNBELT TOWELS
2 FOR \$1.00

48 OZ.
MAZOLA CORN OIL
\$1.99
48 OZ PLASTIC BOTTLE ASTOR OIL
\$1.59

HARVEST FRESH
LARGE TOMATOES
79¢ LB.

PRICES GOOD JULY 27 - AUGUST 2 1989

CANNED GOOD SAVINGS!

JACK & THE BEAN STALK 16 OZ FRENCH OR CUT GREEN BEANS 2.88¢ FOR 2	ASTOR 16 OZ. CRISPY SWEET CORN 2 FOR \$1	
THRIFTY MAID 6 OZ MEDIUM-SMALL SWEET PEAS 2 FOR \$1	THRIFTY MAID 16 OZ. MIXED VEGETABLES 2 FOR \$1	
THRIFTY MAID 16 OZ PORK & BEANS 3.1 FOR 3	THRIFTY MAID 5 OZ VIENNA SAUSAGE 2.88¢ FOR 2	THRIFTY MAID 16 OZ CUT SWEET POTATOES 2.88¢ FOR 2
THRIFTY MAID 46 OZ. PINK OR UNSWEETENED GRAPEFRUIT JUICE 99¢		

5 LB. BAG
DOMINO SUGAR
\$1.39

HARVEST FRESH RED OR WHITE
SEEDLESS GRAPES
\$1.19 LB.

CRACKIN GOOD 10 OZ ASSORTED TOASTER PASTRIES 2 FOR \$1	CRACKIN GOOD 12 OZ REGULAR KING BBQ OR CHILI CHEESE Corn Chips99
THRIFTY MAID 3 OZ. ASSORTED RAMEN NOODLES 5 FOR \$1	TREE TOP 64 OZ Apple Juice 1.59
Veragon Corp. Drypers P.O. Box 880738 El Paso Texas 79988-0738 will reimburse retailer \$1.00 off plus 8¢ handling if provided retailer has complied with Veragon Corporation Drypers in ad coupon agreement. Limited one Drypers coupon per family. Void where prohibited. Good only at WINN DIXIE Expires 8-2-89	13 OZ BAG ADC OR REGULAR RT Coffee 1.59
	13 OZ BAG REGULAR ADC OR E.P. Astor Coffee 1.79
	16 OZ BONUS PACK Astor Creamer 1.29

12 PK 12 OZ CANS REGULAR OR LIGHT OLD MILWAUKEE \$4.19
24 PK 12 OZ CANS BUSCH BEER \$8.49
7 OZ ASSORTED CRUNCH TATORS 99¢

\$7.99 EACH with this coupon Drypers. We put the dry in diapers. 32 large diapers 48 medium diapers 28 extra large diapers Veragon Corp. Drypers P.O. Box 880738 El Paso Texas 79988-0738 will reimburse retailer \$1.00 off plus 8¢ handling if provided retailer has complied with Veragon Corporation Drypers in ad coupon agreement. Limited one Drypers coupon per family. Void where prohibited. Good only at WINN DIXIE Expires 8-2-89

10 LB BAG LONG GRAIN CREOLE RICE \$1.79
THRIFTY MAID 15 OZ LIGHT RED KIDNEY BEANS 3.1 FOR \$1

HARVEST FRESH 3 LB BAG
YELLOW ONIONS
\$1.19

24 CT 200 mg TABLETS OR CAPILETS NUPRIN \$1.79
--

Photo Favorites for Favorite Photos PHOTO MUG only \$2.99 each Supply wallet size print and we'll return it sealed inside a dishwasher safe mug PHOTO PLATE only \$8.99 each Original photo sealed in a fine decorative plate made of durable acrylic materials PHOTO PUZZLE only \$6.99 each An 8 x 10 30 piece puzzle of your favorite photo. Made from prints negatives or slides Illusions Porcelain Dinnerware This Week's Feature Item A SCENE I B REPRISE C. CENTER STAGE Only 69¢
--

COMPANION PIECES AVAILABLE AT ALL TIMES Two Dinner Soups 6.99 Two Fruit/Dessert Dishes 4.99 Two Luncheon Plates 7.99 Covered Sugar 8.99 Creamer 7.99 Open Vegetable Bowl 8.99 Thermal Carafe 14.99

VALUABLE COUPON
Save \$1.00
Towards the Purchase of a Covered Casserole
Illusions Porcelain China
Regular Low Price \$24.99
Coupon Savings \$1.00
Price with Coupon \$23.99
COUPON VALID JULY 27 AUG 2 1989

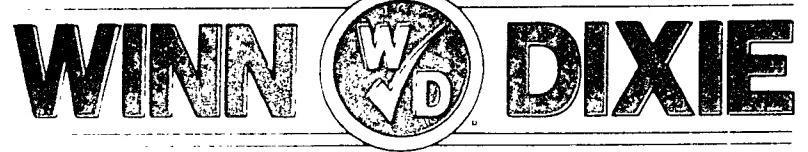
VALUABLE COUPON
Save \$1.00
Towards the Purchase of a Salt and Pepper Shakers
Illusions Porcelain China
Regular Low Price \$6.99
Coupon Savings \$1.00
Price with Coupon \$5.99
COUPON VALID JULY 27 AUG 2 1989

You can make a big difference in "evening up" their grocery totals to the next dollar. Your participation in this important program will help us keep our commitment to fighting hunger in our community.

ASK YOUR CASHIER TO "EVEN UP"
YOUR TOTAL TO THE NEXT DOLLAR
FOR THE HUNGRY.

BACK-TO-SCHOOL SURVIVAL KIT

Personal Hygiene is most important for your Back-To Schoolers. We offer a complete line of Health and Beauty Aids reasonably priced for those tight budgets. So when you need more than groceries, run right over to your nearby WINN-DIXIE. We're your Back-To-School Headquarters.

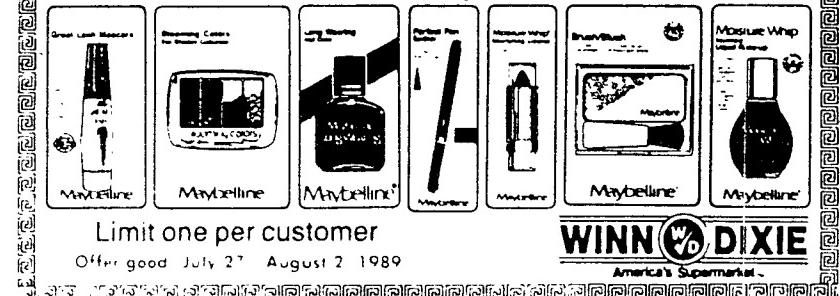


America's Supermarket

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\$100 OFF ANY Maybelline® PRODUCT



Limit one per customer
Offer good July 27 - August 2, 1989

11 OZ ASSORTED SHAMPOO CONDITIONER OR 7 OZ ASSORTED AEROSOL HAIR SPRAY

FINESSE

99
EA.

FRESH N GENTLE 300 CT WHITE RAYON PUFFS



FOR

ULTRA CARE 6 OZ. REGULAR OR LEMON POLISH REMOVER

2 \$1
FOR

24 CT TABLETS OR NUPRIN CAPLETS



100 CT EXCEDRIN TABLETS



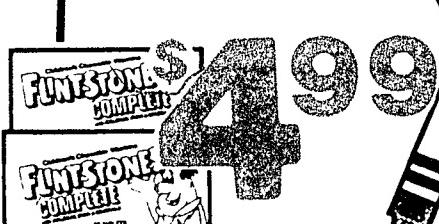
16 OZ MEDIC HYDROGEN PEROXIDE OR 70% ISOPROPYL

MEDIC ALCOHOL

3 \$1
FOR

2.5 OZ. ASSTD. FRAGRANCES IMPULSE BODY SPRAY
\$159

60 CT VITAMINS FLINTSTONES COMPLETE



4 OZ. REGULAR, SENSITIVE SKIN OR 1.7 OZ INTENSIVE MOISTURE COMPLEX

OIL OF OLAY

\$479

ASSORTED SCENTS SECRET ANTI-PERSPIRANTS



2 OZ. SOLID \$239 EA.	1.25 OZ. ROLL-ON \$169 EA.	4 OZ. SPRAY \$252 EA.
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15 OZ. N OILY OR N DRY SHAMPOO HEAD & SHOULDERS

\$359



15 OZ. ASSORTED CONDITIONERS OR IVORY SHAMPOO

\$149

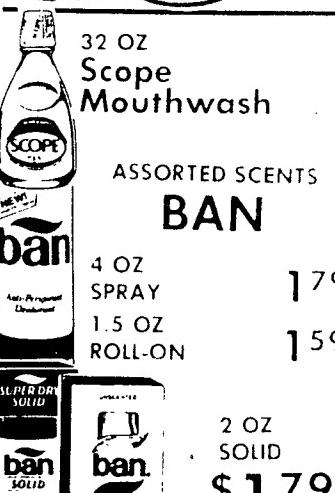
6.4 OZ. REGULAR, MINT, GEL, TARTAR CONTROL GEL OR PASTE CREST TOOTHPASTE

\$149



4.6 OZ. REGULAR MINT, GEL MINT, TARTAR CONTROL REGULAR GEL OR KID'S CREST PUMP

\$169



3.99 8 OZ. LIQUID OR 24 CT. TABLETS Pepto-Bismol

2.49 Pepto-Bismol

ASSORTED SCENTS BAN
4 OZ. SPRAY
1.5 OZ. ROLL-ON
2 OZ. SOLID
\$1.79

FREE
BACK TO SCHOOL
Officially Licensed
College Jacket



See our display
for complete details
Mail-in by
September 30, 1989

BY MAIL

(plus \$2.95 postage and handling)

McCarthy's leather College jacket by Peacock. 100% virgin unpeeled sheep skin with pre-colored multi-colored no trim or chain. It's a button-down. Sizes XS (fitted size 18-20), S, M, L, XL. Jackets come in the following colors: color of the college. University selected ones fit 70" and are decorated with an embroidered patch on left chest.

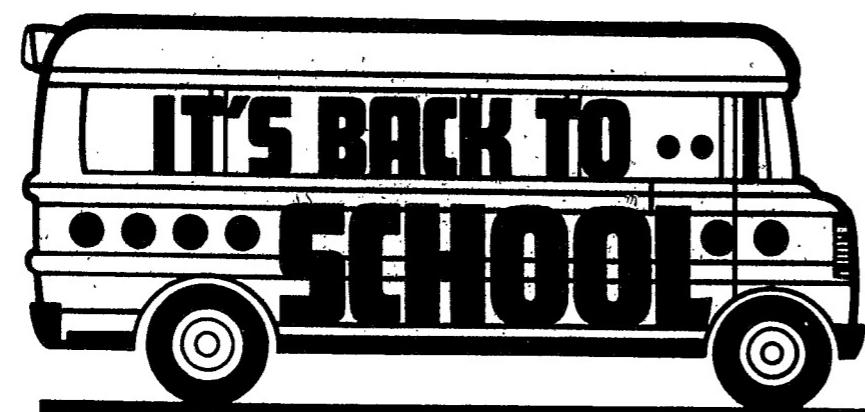
McCarthy's leather College jacket by Peacock. 100% virgin unpealed sheep skin with pre-colored multi-colored no trim or chain. It's a button-down. Sizes XS (fitted size 18-20), S, M, L, XL. Jackets come in the following colors: color of the college. University selected ones fit 70" and are decorated with an embroidered patch on left chest.

6.5 OZ. AMMENS MEDICATED POWDER

\$189

AMMENS

SUPER MILD POWDER



*with Quality
and Savings*

FOR YOUR LITTLE RASCALS!

Back to school brings excitement. And we at WINN-DIXIE are excited to send your little ones back to school with quality and complete savings. So, let

your child be head of the class with these great Back-To-School Values from WINN-DIXIE!

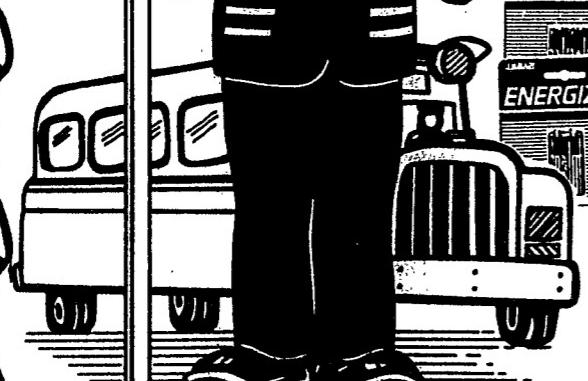
YOU'RE GOING TO SEE THE DIFFERENCE

POCKET, PRONG OR POCKET/PRONG PORTFOLIOS 6 FOR 98¢	70 CT. ASSTD. COLORS COMPOSITION BOOKS 48¢ EA.	24 CT. TUCK BOX CRAYOLA CRAYONS 98¢ EA.	Pedigree Twin Pencil Sharpeners 4 FOR 88¢
12 INCH PLASTIC RULER 4 FOR 88¢	5 CT. CAP ERASERS 4 FOR 88¢	CHILD'S ABC TABLET 68¢ EA.	10 CT. PENCILS 48¢ EA.
10 PACK BLACK OR BLUE BIC PENS 78¢ EA.	COLOR ME SCHOOL BOX 48¢ EA.	CANVAS NOTEBOOK \$1.48	TRAPPER KEEPER \$4.88 EA.
THERMOS SCHOOL KIT \$4.48 EA.	200 CT. NOTEBOOK FILLER PAPER 68¢ EA.	STYLE #126 OR #755 ASSORTED SATINSKIN PANTYHOSE 88¢ PAIR	
STOP 4 OZ. ELMER'S SCHOOL GLUE-ALL 48¢ EA.	4 OZ. ELMER'S SCHOOL GLUE-ALL 48¢ EA.	3 PAIR GIRL ANKLETS \$3.88 PK.	COMBINATION MASTER LOCK \$2.88 EA.
4 PACK EVEREADY ENERGIZER "AA" Batteries 288	2 PACK EVEREADY ENERGIZER "AAA" Batteries 188	EVEREADY ENERGIZER 2 PK. "C", "D" OR SINGLE 9-Volt Battery 228	

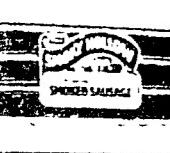
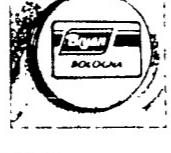
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INC. 1989

WINN DIXIE

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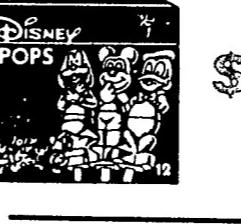
BRYAN

BRYAN 1 LB. JUICY JUMBOS  \$1.89 PK.	12 OZ. BRYAN WIENERS  \$1.49 PK.
1 LB. PACK BEEFY, CHEESY OR HOT BRYAN JUMBOS  \$2.19 PK.	BRYAN 1 LB. PACK SLICED BACON  \$1.89 PK.
12 OZ. LOW SALT OR MESQUITE BRYAN BACON  \$1.59 PK.	BRYAN 1 LB. PAMPERED PORK SAUSAGE OR LEANER SAUSAGE  \$1.99 PK.
1 LB. SMOKEY HOLLOW COCKTAIL SMOKIES  \$2.99 PK.	SMOKY HOLLOW REGULAR OR HOT SMOKED SAUSAGE  \$2.49 LB.
SMOKY HOLLOW BEEF SMOKED SAUSAGE  \$2.59 LB.	12 OZ. PACK BRYAN REGULAR, HOT OR BEEF BRYAN BOLOGNA  \$1.69 PK.

PRICES GOOD JULY 27 - AUGUST 2, 1989



FROZEN FOODS

7 1/2 OZ. ASSORTED BANQUET ENTREES  \$1.19 EA.	12 CT. SUGAR FREE POPSICLES  \$1.99 PKG.	12 CT. SUGAR FREE CREAMSICLES OR FUDGESICLES  \$2.39 PKG.
12 CT. REGULAR DISNEY POPS  \$1.99 PKG.	ORE IDA 7 OZ. TOASTER HASH BROWNS  89¢	FLORIDA GOLD 12 OZ. CONCENTRATE ORANGE JUICE  \$1.65
EL CHARRITO 6 OZ. ASSORTED BURRITOS \$1.29 FOR 2	WELCH'S 12 OZ. PURPLE CONCENTRATE GRAPE JUICE  99¢	SARA LEE 10 1/4 OZ. POUND CAKE  \$2.19
E.L. FUDGE COOKIES  \$1.69	WINN-DIXIE COUPON 72¢ SAVE 72¢ WITH THIS COUPON WHEN YOU BUY 12 2-OT ENVELOPES OF Kool-Aid SOFT DRINK MIX UNsweetened soft drink mix 12 2-QUART ENVELOPES \$1.28 72¢ ONE COUPON PER FAMILY - OFFER EXPIRES 8-2-89 72¢	WINN-DIXIE COUPON 72¢ SAVE 72¢ WITH THIS COUPON WHEN YOU BUY 12 2-OT ENVELOPES OF Kool-Aid SOFT DRINK MIX UNsweetened soft drink mix 12 2-QUART ENVELOPES \$1.28 72¢ ONE COUPON PER FAMILY - OFFER EXPIRES 8-2-89 72¢
THIN BITS  10 OZ. KEEBLER HONEY OR CINNAMON GRAHAM THIN BITS \$1.09	CRYSTAL LIGHT 4 CALORIES 8 QUART DECAF ICED TEA, S. LEMON-LIME LEMONADE FRUIT PUNCH OR ICED TEA \$4.98 WITH COUPON	CRYSTAL LIGHT \$2.99 WITH COUPON
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SUNCHEROS  10.5 OZ. RANCH, NACHO OR SALSA SUNCHEROS \$1.69	60¢ WINN-DIXIE COUPON SAVE 60¢ WITH THIS COUPON WHEN YOU BUY AN 8-OT SIZE CAN OF COUNTRY TIME LEMONADE FLAVOR DRINK MIX 8 QT. SIZE CAN ONLY \$1.89 60¢ ONE COUPON PER FAMILY - OFFER EXPIRES 8-2-89 60¢	60¢ WINN-DIXIE COUPON SAVE 60¢ WITH THIS COUPON WHEN YOU BUY AN 8-OT SIZE CAN OF COUNTRY TIME LEMONADE FLAVOR DRINK MIX 8 QT. SIZE CAN ONLY \$1.89 60¢ ONE COUPON PER FAMILY - OFFER EXPIRES 8-2-89 60¢
TOWN HOUSE CRACKERS  16 OZ. KEEBLER REGULAR OR LOW SALT TOWN HOUSE CRACKERS \$1.99	COUNTRY TIME LEMONADE FLAVOR DRINK MIX 8 QT. SIZE CAN ONLY \$1.89 OFFER #8GHHP9 WITH COUPON	COUNTRY TIME LEMONADE FLAVOR DRINK MIX 8 QUART REGULAR OR PINK LEMONADE COUNTRY TIME \$2.49 WITH COUPON

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E.L. FUDGE COOKIES  \$1.69	SOFT BATCH COOKIES  \$1.69
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WHEATABLES  10 OZ. FAMILY SIZE WHEATABLES \$2.29	COUNTRY TIME LEMONADE FLAVOR DRINK MIX 8 QT. SIZE CAN ONLY \$1.89 OFFER #8GHHP9 WITH COUPON
SUNCHEROS  10.5 OZ. RANCH, NACHO OR SALSA SUNCHEROS \$1.69	60¢ WINN-DIXIE COUPON SAVE 60¢ WITH THIS COUPON WHEN YOU BUY AN 8-OT SIZE CAN OF COUNTRY TIME LEMONADE FLAVOR DRINK MIX 8 QT. SIZE CAN ONLY \$1.89 60¢ ONE COUPON PER FAMILY - OFFER EXPIRES 8-2-89 60¢
TOWN HOUSE CRACKERS  16 OZ. KEEBLER REGULAR OR LOW SALT TOWN HOUSE CRACKERS \$1.99	COUNTRY TIME LEMONADE FLAVOR DRINK MIX 8 QUART REGULAR OR PINK LEMONADE COUNTRY TIME \$2.49 WITH COUPON

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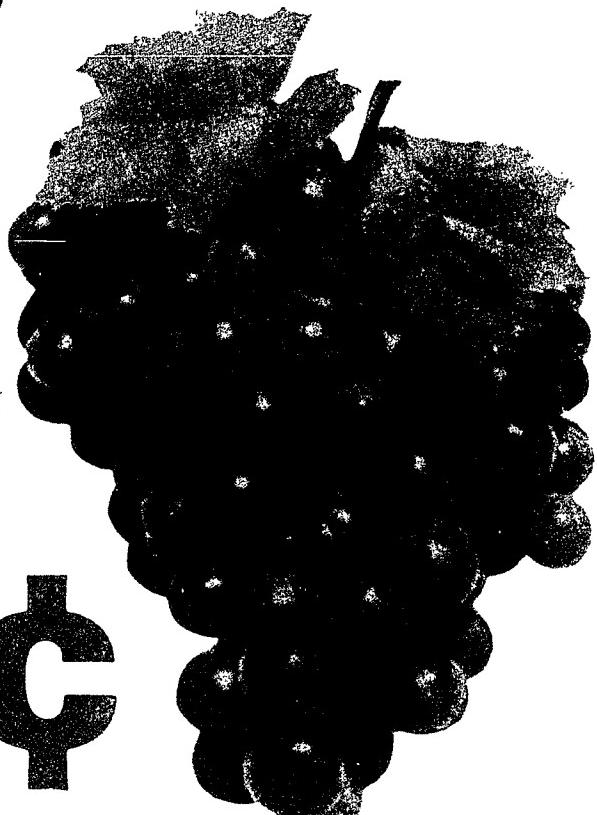
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12 OZ. CANS, REGULAR ONLY, NOT COLD, VOID WHERE PROHIBITED BY LAW
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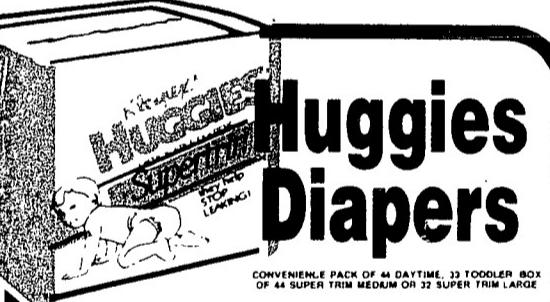
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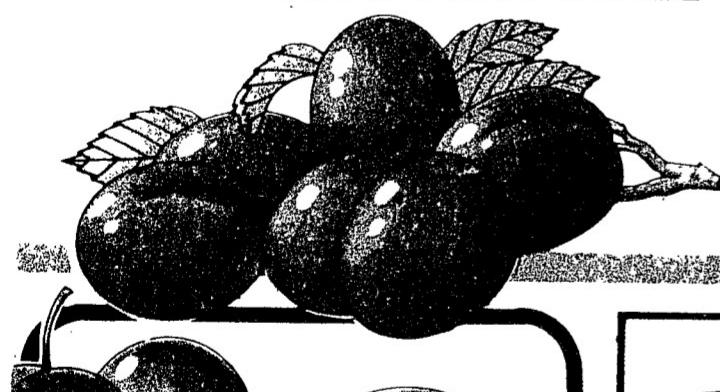
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	Corn Dogs 1 LB. PKG., SANDERSON FARMS REGULAR OR BEEF lb. 129
	Sliced Bologna 12 OZ. PKG., DECKER, ALL MEAT pkg. 99¢

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	Smoked Sausage 3 LB. BOX, BRYANT'S PORK OR BEEF box 479
	Boneless Ham 3 LB. AVERAGE, LYKES FAMILY FAVORITE HAM HALVES lb. 199
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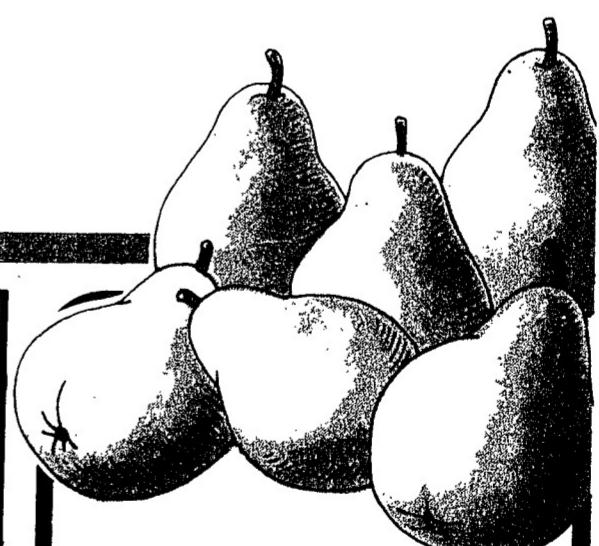
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9

Sausage
479
Ham
199
acon
109
uggets
199



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The latest philosophy on gallstones and treatment

(1) The gallbladder was first accurately described nearly 2,400 years ago by Aristotle, the great philosopher and scientist who systematized the knowledge of his time. However, not even he understood how the gallbladder worked or where gallstones came from.

In the Renaissance, a distinguished physician, Jean Fernel of Amiens, described the agonies of patients with obstruction of the gallbladder, detailing symptoms including abdominal swelling, chills and fever, tremendous discomfort and even death.

Today, an estimated 25 million Americans have gallstone disease and approximately one million new cases are diagnosed each year. The disease is three to four times more common in women than in men.

Older people are most prone to the disease; the incidence of gallstone disease in the general U.S. population is 10 percent (that's one out of every ten people), rising sharply to 20 percent in people over age 40, and to 30 percent in those over age 60.

Surgical removal of the gallbladder (or cholecystectomy) is the second most frequently performed surgery in this country; more than 500,000 are performed annually, with 6,000-8,000 deaths occurring due to complications from surgery.

Now, for many people, there is an oral alternative to surgery. Actigall™ (ursodiol), an oral medication, safely and effectively dissolves cholesterol gallstones and offers an important treatment option for many patients, including patients at high risk for surgery, such as senior citizens and people with chronic illnesses such as heart, lung or kidney disease.

Dissolution therapy with Actigall is a welcome alternative for people who wish to avoid surgery and its associated risks. This therapy is extremely well tolerated, with rare cases of mild, transient diarrhea reported.

Even though many things have changed since Aristotle's time, most of us still do not know much about the gallbladder and how it works. To learn

WHAT BETTER TRIBUTE THAN THE CURE OF CANCER?

Honor your loved ones by making their memory part of our best efforts to defeat cancer. What better tribute can there be?

For more information, contact your local American Cancer Society.



more about the gallbladder, gallstones and related issues, take this short quiz and see how much you know.

1. The primary function of the gallbladder is to:

- concentrate bile,
- break down food particles,
- absorb nutrients,
- the gallbladder has no function.

1-A. The primary function of the gallbladder is to store and concentrate bile, a fluid produced by the liver that carries excess cholesterol into the intestine and, ultimately out of the body.

2. The gallbladder is connected to the:

- liver and intestine,
- bladder,
- pancreas.

2-A. The gallbladder is a small, pear-shaped organ that is connected to the liver and intestine by small tubes called bile ducts.

3. True or False: Gallstones are lumps of solid material that form in the gallbladder.

3-True: Gallstones can be as small as tiny specks or, in extreme cases, as large as the gallbladder. Most (80 percent) are small, less than 20 mm.

4. The vast majority of gallstones are made of:

- cholesterol,
- iron,
- potassium,
- phosphorous.

4-A. Cholesterol is the major component of approximately 80 percent of all gallstones.

5. Which are common risk factors for developing gallstone disease?

A. rapid weight loss,
B. being overweight,
C. pregnancy,
D. a history of taking birth control or hormone replacement pills,
E. all of the above

5-E. Rapid weight loss, being overweight, pregnancies, diet rich in animal fats, birth control pills and hormone replacement pills increase the risk of developing gallstone.

6. True or False: Gallstones only form in the gallbladder.

6-False. Although most gallstones form in the gallbladder, a small percentage form in the bile ducts.

7. Which of the following may be a symptom of gallstone disease?

A. chest pain,
B. intestinal gas,
C. indigestion,
D. belching,
E. all of the above.

7-E. Symptoms including chest pain, indigestion, nausea, vomiting, gas and severe abdominal pain are most frequently experienced by people who have gallstones.

8. True or False: Surgical removal of the gallbladder is the only way of treating gallstones.

8-False. Until recently, surgery was the most common treatment for gallstone disease. Now, a new oral medication that dissolves small-to-medium

cholesterol gallstones has recently become available in the U.S. and is considered a safe and effective alternative to surgery, for those at high risk for surgery and those who refuse surgery.

9. True or False: Women are more likely to develop gallstones than men.

9-True. Women between the ages of 20 and 60 are three times more likely to develop gallstones than men. Women are considered at highest risk are those who are overweight, who have been pregnant, have used oral contraceptives or estrogen replacement pills, who have recently lost weight quickly, or who are of American Indian ancestry.

Since so many medical advances have been made since Aristotle's time, it's a good idea to learn about health care

options as part of taking responsibility for your own health.

For more information about your gallbladder or gallstones, see your doctor, or send

stamped, self-addressed envelope to the American Liver Foundation, 998 Pompton Avenue, Cedar Grove, NJ 07009.

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SENIOR IN THE KNOW—Hillary Dastague, an RSVP volunteer at the Waveland Hospitality Center on Highway 90, gives Joyce Silvesky of Silver City, New Mexico, a rundown of things to see and do while visiting the Coast. In Hancock County, 402 RSVP volunteers contributed more than 94,000 hours of community service work last year. (Echo staff photo by D.C. Harvill)

Helpful tips for traveling with your grandchildren

Traveling with your grandchildren can be a great way to spend time together and develop a greater appreciation for their talents and personalities.

There's no better way to see America than by motorhome or travel trailer with the comfort, convenience and privacy afforded by bringing your accommodations with you.

However, as anyone who has ever traveled for more than 10 miles with children knows, extended trips can try the patience of a saint.

Getting them involved

To make your trip an enjoyable holiday, keep in mind these travel tips from Holiday Rambler Corporation, manufacturer of motorhomes, travel trailers and fifth wheels.

1. Involve the grandchildren in preparing for the trip—deciding where to go, what to do, and in packing and loading the RV.

2. When choosing which attractions to visit, select a variety of things so each person enjoys some things. If a preschooler will be traveling with you, remember that he or she is too young to really enjoy attractions such as museums or curiosity shops, preferring zoos, parks and playgrounds.

3. To answer the often repeated question of "when are we going to get there," have brochures of where you're going and extra roadmaps to show where you are.

4. Have plenty of healthy snacks such as crackers, nuts, fruit juices and cold water on hand.

5. Brush up on all the "travel games" you played with your children—finding state license plates, billboard alphabet, travel bingo, etc. Pack plenty of games, puzzles and coloring

books as well. Bring along taped stories and songs, taking turns choosing tapes to play so that everyone, including the driver, can enjoy the diversion.

Older children—and you—will appreciate having a personal radio and cassette player with earphones.

6. Plan for regular stops at rest areas or tourist attractions. Keep the travel schedule light so you have time to relax. Take time to play a little frisbee or throw a softball.

7. A trip can be an excellent time to educate children about money. Give each child a specific amount of money to spend on the trip, and emphasize that they are responsible for safe-keeping and choosing how to spend their money.

8. Children old enough to have chores at home can have chores when it's time to set up camp. Even young children can experience the pleasure of being "grown up"—perhaps setting up lawn chairs or assisting older siblings with a task.

9. Remember that kids tire more easily and become cranky when traveling. Complimenting them on positive behavior and allowing a little bending of "home rules" can make the trip more enjoyable for all.

Reward smooth relations

10. When you reach the campsite, reward children's good behavior and cooperative spirit displayed during the day—regardless of how many times they had to be disciplined. Doing so sets the stage for good behavior the next day, and can go a long way in smoothing road-weary family relationships.

These 10 tips will help make your next RV vacation a fun family holiday.

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Corns are still a growing and painful problem for many elderly

America's elderly may look and feel younger than ever these days, but they still report a common painful problem—corns.

According to Dr. Charles Gudas, podiatrist and member of Dr. Scholl's Foot Health Council, one out of every three older adults has a corn. He says, "Corns, which are hard, dry, shiny areas of hardened skin usually found on the tops of toes, result from poorly fitted shoes."

What to avoid

When shoes fit improperly, friction is generated on the toe's bony area and the environment becomes conducive to the formation of corns.

Furthermore, the ideal breeding grounds for corns are pointed-toe, high heel shoes. When wearing high heels, the foot is pitched forward into the shoe and the tops of toes are forced to endure prolonged pressure.

The combination of friction between tops of toes and shoes and the unnatural toe positioning cultivates corn growth.

Although the elderly population may not wear high heels as much as they have in earlier days, hyper-pointed-toe tight shoes can cause corns.

"Corns are more prevalent as people mature," says Dr. Gudas. "The skin of the foot tends to become thinner and more susceptible to pressure and rubbing." As a result, even minimal friction can lead to a painful corn.

"In addition, feet often swell during the day. Unless shoes have adequate space to allow for the swelling, they may become too snug and the developing friction is likely to cause corns."

Preventing re-occurrence

To help seniors prevent the growth of future corns, Dr. Gudas and the experts at Dr. Scholl's offer the following tips:

- Make sure that shoes fit properly. Feet should have sufficient room in the toe area and around the sides so that they can spread naturally when walking. The back of the shoe should hug the heel tightly.

- Prevent friction on newly formed corns by using a corn cushion. The foam cushion surrounds a developing corn and helps ease painful pressure.

How to remove corns

Remove painful corns with Dr. Scholl's® Corn Removers, which help reduce friction while removing dead skin build-up. If you are a diabetic or have poor circulation in your feet, you should not use a corn remover. If there is any doubt about the use of a medicated foot treat-

ment, consult a podiatrist.

- Soak feet in lukewarm

water to soften the hardened skin on the corn. Then, using a

contoured file or pumice stone, whisk away the top layers of dead skin to help reduce discomfort.

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THE SEA COAST ECHO SPECIAL SUPPLEMENT, JULY 28-29, 1989-5

What you may not know about high blood pressure

If you have high blood pressure, you are not alone. A staggering 66 percent of all Americans over age 55 have some degree of elevated blood pressure, or hypertension, which can lead to heart disease, stroke and even death.

Identifying high blood pressure

While there are no obvious symptoms associated with high blood pressure, it is often detected during routine medical checkups—and it can be controlled.

Simply defined, high blood pressure—pressure consistently higher than normal—is a condition which exists when blood exerts too much force or tension on artery walls.

Lifestyle changes can sometimes control this condition. Many doctors recommend weight loss, exercise, a low-fat diet, decrease in salt intake, and total cessation of smoking, as initial steps to lower blood pressure.

However, patients may also require medication to ensure that their blood pressure is regulated and to help prevent associated risks.

The two most common prescription medications are diuretics, often referred to as "water pills," and beta blockers.

Diuretics work by reducing the amount of salt and water in the body which, in turn, lowers blood pressure.

Beta blockers work by slowing the heart rate and cardiac output, thus lowering the blood pressure.

While comparisons of diuretics and beta blockers indicate that both can be equally effective in controlling blood pressure, a recent study revealed that patients who were given the beta blocker Lopressor® (metoprolol tartrate) had 58 percent fewer deaths from heart disease over an 11-year period, than patients treated with diuretics. In 1984, Lopressor became the first—and remains the only—beta blocker indicated for acute therapy following myocardial infarction.

Medication can effectively treat high blood pressure, and should be taken in conjunction with the important lifestyle

changes suggested by your doctor.

Cooperation essential

In fact, taking medication is a change in itself, and requires the patient's cooperation. It is important to follow your doctor's instructions about how often you should take your medication.

Some people may find it helpful to keep a calendar or chart, so that taking the medicine

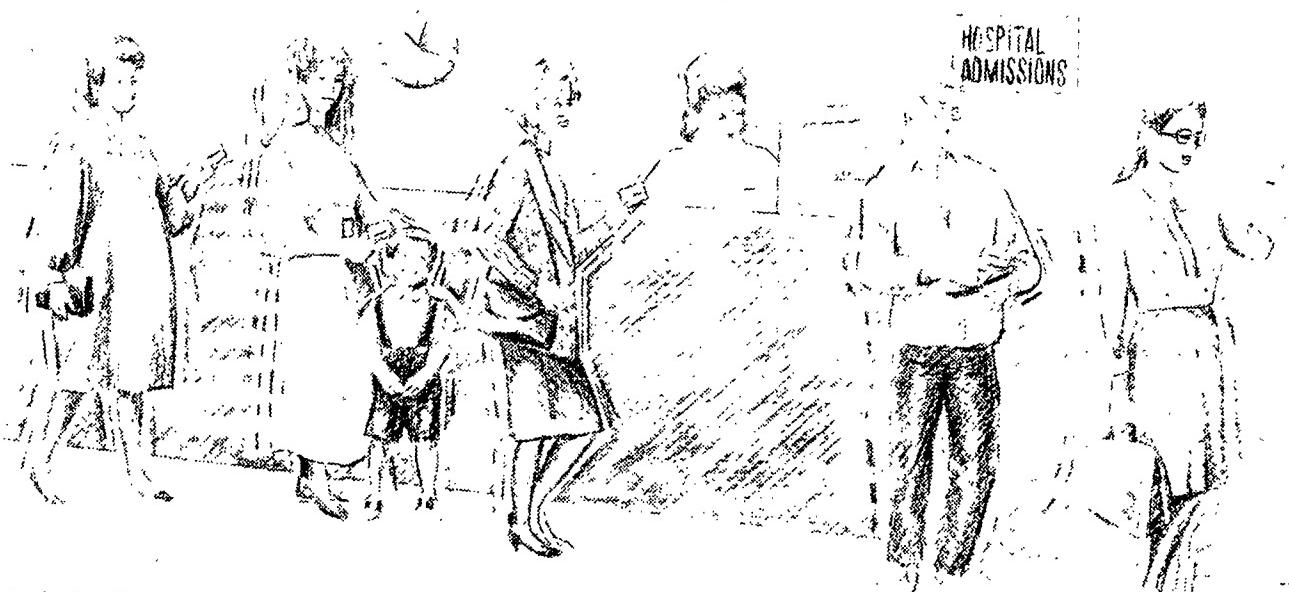
becomes part of their daily routines. Even if you feel well, you need to continue taking the medication for as long as the doctor recommends.

To maintain your health, see your doctor regularly, and follow his or her advice about behavioral changes that may be of long-term benefit. If your doctor tells you your blood pressure is high, ask about the treatment that will work best for you.

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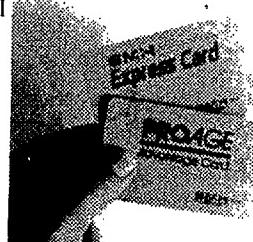
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Simply, the SMH Express Card is for anyone under 55, and the ProAge Advantage Card is for anyone 55 or better.

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- 20% discount on Slidell Memorial Cafeteria meals
- free participation in our Eldercise and Elderwalk programs

- ProAge Post, our monthly newsletter
- unlimited use of the ProAge Resource Room

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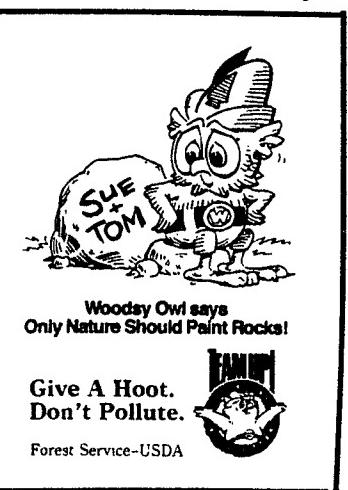
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Seniors: You may be richer than you think

Most people over 40 have "hidden treasures" tucked away in their homes but don't know it, warns collectibles expert Dr. Tony Hyman, author of *I'll Buy That!*

"Sadly, people usually sell their treasures for a tiny fraction of their real value," Hyman says.

Recent typical examples include a southern gentleman who sold a \$9,500 watch at a yard sale for \$10 because its case was missing, and a plans states couple who let their \$500 tin can go for a buck at a house auction.

Senior citizens tend to undervalue things they've used or enjoyed for years. Nearly every older American has something worth between \$25 and \$1,000 that he or she thinks is valueless, claims Hyman.

"I've found \$300 items in trash cans more than once," he

says.

Items don't have to be antique or expensive to be valuable, emphasizes Hyman.

"It's amazing how many things made during our lifetime are worth many times what they originally sold for." He lists wrist watches, detective novels and fishing tackle as examples.

Seniors should be particularly careful about selling cameras, Christmas ornaments, carnival glass, tin cans, photographs, postcards, pens, phonograph records, license plates, old clothes, plastic radios, paintings and cigar boxes.

Today's values can be astronomical, Hyman says. "Who'd ever imagine that someone would spend \$1,100 for plastic Barbie doll furniture only 30 years old? And I know people who'd pay \$20,000 for the right baseball card, TV set or slot machine."

If you want help evaluating what you own, and want the most money when you sell, Hyman cautions that you must be careful to deal with someone honest, expert and ready to pay fair prices.

In some fields, it can be hard to locate honest, knowledgeable buyers. It is also difficult to tell when strangers are telling you the truth. To solve these problems, in 1980, Dr. Hyman began publishing directories of reliable buyers who will help amateur sellers.

Hyman, a former college professor who has been buying and selling for 37 years, writes easy-to-read books telling you who the best buyers are, what they want, how to contact them by mail or phone, and how to sell what you have.

Hyman's latest (1989) edition contains 350 pages listing nearly 2,000 of the best buyers in the U.S. and Canada.

I'll Buy That! is available only by mail. Sent \$19.95 plus \$3 shipping to Treasure Hunt Publications, Box 699, Claremont, CA 91711. To order with MasterCard or Visa, phone toll free, 1-800-543-7500.

Selling through the mail can be easy and profitable if you follow Hyman's simple steps:

1. Deal with reliable buyers willing to pay what your item is worth,
2. Describe your item carefully, and
3. Include a self-addressed stamped envelope.

Even Japanese swords can be sold through the mail. Last year, a 76-year-old widow bought Hyman's previous book, hoping to find someone who would pay \$100 for the Japanese sword her husband brought home from WWII.

In the chapter on weapons,

she learned of Ron Hartman, one of this country's top experts on Japanese swords. Ron told the happy woman she owned one of the finest swords ever found in America, and paid her in excess of \$10,000.

Not all stories have such a happy ending. Recently, an 80-year-old Southern California woman, unable to get a driver's license for nearly ten years, sold the "Chevy" she and her husband bought new. She thought \$800 was a fair price, which delighted the first person to look at her red 1954 Corvette.

"She could have gotten at least \$30,000 every bit as quickly," Hyman says, "if only she had sold it to the right person."

Times are changing, and experts say that being a grandparent isn't what it used to be

Grandparents are turning up in the strangest places. That's because today's grandparents are much more likely to participate in activities with their grandchildren, according to a Pace University author who has written a book on grandparents, and a sociologist examining the grandparent's role in today's single parent society.

Pace University English Professor Ruth Eisenberg, herself a grandmother, has captured many of the universal emotions and experiences of grandparents in her poetry book, *Grandmas Have Long Arms For Hugging*.

"I wanted to create a book that would capture how other people feel about their grandchildren but lack the words to express," says Prof. Eisenberg.

In her poem, "Grandma," Prof. Eisenberg describes how she relates to her three grandchildren.

I am a grandma who sits on the floor piecing together complicated waffle blocks to build wobbling towers as often, plus one, as they are knocked down

A grandma who likes to look my grandchildren straight in the eye

According to Prof. Eisenberg the "playmate" relationship between grandparent and child was not common in past generations.

The role of grandfathers has also changed. Both Prof. Eisenberg and Pace sociology Professor Carol Stix say that in the past, grandfathers were often viewed by children as disciplinarians and wise sages. But today more men view grandparenthood as a chance to express the tenderness and love they may not have shown as parents.

Prof. Eisenberg describes an austere pharmacist who put his work aside to discuss his newborn grandchild in the poem, *Pictures From an Exhibition*.

Your grandson?" I inquired. A grin splitting his face he all but leaped to my side pulling his wallet from his pocket.

Let me show you. Grandparenting has changed in other ways, according to Prof. Stix.

One disturbing trend she identifies is that with more people marrying later in life and having fewer children, there are fewer middle and upper-middle class grandparents.

"These people tend to feel deprived because they will never have the chance to become immortal in the memory of their grandchildren," remarked Prof. Stix.

Stix also explained that today there are more group counseling sessions for grandparents covering such issues as how to assist your child and grandchild with financial and housing support after a divorce.

"We are seeing more grandparents taking over the role of parent after a divorce," said Prof. Stix.

However, the relationship between most grandparents and children is mainly one based on love with little responsibility.

This relationship is captured in several lines from the poem *Grandparents have It Good*.

We buy records we don't have to hear...

We go home when they're cranky

Prof. Stix pointed out that a visit with a grandchild can be a real learning experience for grandparents. She said that children are growing up in an

electronic age and are teaching their grandparents to use such sophisticated gadgets as personal computers, videocassette recorders and microwave ovens.

Stix got a cooking lesson of her own from her three-year-old grandson who taught her to prepare bacon in the microwave.

Like many grandparents today, Prof. Stix and Prof. Eisenberg live a distance from their grandchildren.

Today, with more grandparents living in retirement communities and geographically distanced from their families, Stix pointed out that families are sharing more experiences through videotapes and telephone calls.

"But there must be a physical closeness before you can form other verbal relationships. There is no substitute for personal contact with grandchildren," said Prof. Stix.

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Older people need regular exercise in order to stay fit

MAlthough medical research has shown that regular exercise reduces the risk of brittle bones and immobility by increasing strength and flexibility and improving balance, the latest survey conducted by the U.S. Department of Health and Human Services shows that only 10-20 percent of older Americans are exercising on a regular basis.

This means that Americans 65 years and older are not getting the exercise they need to keep them active and self-reliant.

In the fall of 1980, the Department of Health and Human Services set specific objectives necessary to improve the health and quality of life for older adults.

The objective was set that by 1990, 50 percent of adults 65 years and older should be engaging in appropriate physical activity, such as regular walking, swimming or other aerobic activity.

Research indicates that the reason this objective will not be met is that many older Americans lack the correct information about the amount and intensity of exercise they need and, as a result, have injured themselves in the past by doing too much too soon.

Stories from far-away grandparents

Grandparents and grandchildren are natural allies, according to experts in family relations. But alliances weaken, their studies reveal, when the homes of grandparents and grandchildren are too far apart, or when intergenerational barriers intervene.

In disrupted communications, everybody loses, including the youngsters' parents.

Strengthening ties between grandparents and grandchildren through storytelling is the intent of *Write Stories To Me, Grandpa!* a new 174-page book by Meyer (Mike) Moldeven, himself a too-far-away grandfather.

Research shows that they are reluctant to go to a health club for information and assistance because they think they will feel uncomfortable and out of place.

In response to this situation, throughout May 1989, quality health clubs across the country launched a national campaign to encourage older Americans to begin and stay with exercise programs.

The program, called "Commit to Get Fit," was developed by IRSA, The Association of Quality Clubs, the leading not-for-profit trade association for health and fitness clubs, and is sponsored by Life Fitness, Inc. It kicked off in May at over 600 health clubs nationwide, to coincide with the Presidents Council's National Physical Fitness and Sports Month.

The premise of the program, explains IRSA's executive director, John McCarthy, "is that increased awareness of the health benefits of exercise for those over 65, at a less strenuous level than previously thought, should encourage more people to begin and maintain exercise programs."

During the month of May, participating clubs offered one of two free fitness evaluations to the public. Both were scientific

ally valid and easy to take, regardless of fitness level, and each provided an accurate measure of cardiovascular health and a customized exercise prescription.

"These exercise prescription provides a structure which we hope will result in the adoption of the healthy habit of consistent exercise at an appropriate level of intensity," explains Dr. James M. Rippe, cardiologist and researcher at the University of Massachusetts Medical School Exercise Physiology Laboratory and medical advisor to IRSA.

These fitness evaluations will be the centerpiece of fitness festivals that will include local celebrity competitions, seminars and demonstrations, and running or walking races for charity.

IRSA offers a free brochure to help you select a health club that is right for you. *Commit to Get Fit: The Guide to Choosing a Quality Health Club*, is available by sending a self-addressed, stamped envelope to: IRSA, 132 Brookline Avenue, Dept. M, Boston, MA 02215.

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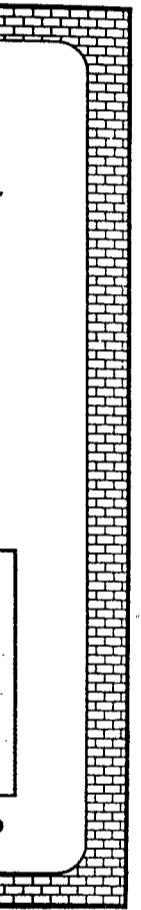
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Elderly can be unintentional drug abusers

There is a kind of drug abuse that is rarely talked about; the abuse and misuse of medicine by the elderly. The Governor's Office of Federal-State Programs' Mississippi Council on Aging (MCOA) is urging the elderly to take special precautions against drug abuse. Each year many older people take chances with their lives by unintentionally abusing drugs.

"There are problems of side effects; problems of undesirable interactions between two or more drugs; and problems of

improper dosage," said Dr. Davis K. Brown, MCOA director.

"Some people think that, if the prescribed amount is good, that more is better; that kind of thinking can be very dangerous."

"Anyone who is concerned about the medicine an elderly relative or friend may be taking should seek answers from a physician."

MCOA suggests that elderly persons tell their doctors about all the drugs they are taking, including any over-the-counter

medicine. It is very important to list all medications being taken by the elderly who may be seeing several specialists for different conditions.

Brown warns, "Outdated medicines should be thrown out. Some drugs lose potency with time, some gain potency and some undergo marked chemical changes that can make them dangerous."

"Elderly patients need to understand that many disorders and conditions may share the same symptoms and that,

because a well-meaning friend recommends some remedy for a particular symptom, it doesn't mean that prescriptions should be shared. Taking someone else's medicine may do harm by covering the condition temporarily, and could be deadly."

Advice on helping a friend in mourning

By Nina Herrmann
Donnelly

It's amazing how productive we can be while postponing doing something we don't want to do. I've cleaned dresser drawers, baked cookies, run errands, called my parents and even washed floors, all to put off calling friends who were mourning a tragic loss.

I've discovered over the years that I'm far from alone in this behavior. It's very difficult for many people to work up the courage to call or visit a friend who's mourning the death of a loved one.

"Will it be a bad time?" "Will I taint in a number of ways: In person, by telephone, by "thinking of you" notes, with flowers or food, or by helping with cleaning, child care or other say the wrong thing?" These are valid questions asked by countless people who want to help, but who are haunted by the age-old complaint, "I never know what to say."

Communication can be main-chores or errands.

Often it isn't necessary to "know what to say"—only to be there. Your friend may need you

only to listen—which is actively giving to another—to take a hand in silent sympathy.

Above all, don't worry if you "never know what to say." The good that friends can do in trying to comfort mourners almost always outweighs any well-meant misstep made during the process.

Editor's Note: Nina Herrmann Donnelly is the author of *I Never Know What To Say: How To Help Your Family and Friends Cope with Tragedy*. (Ballantine/Epiphany).

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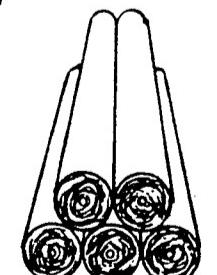
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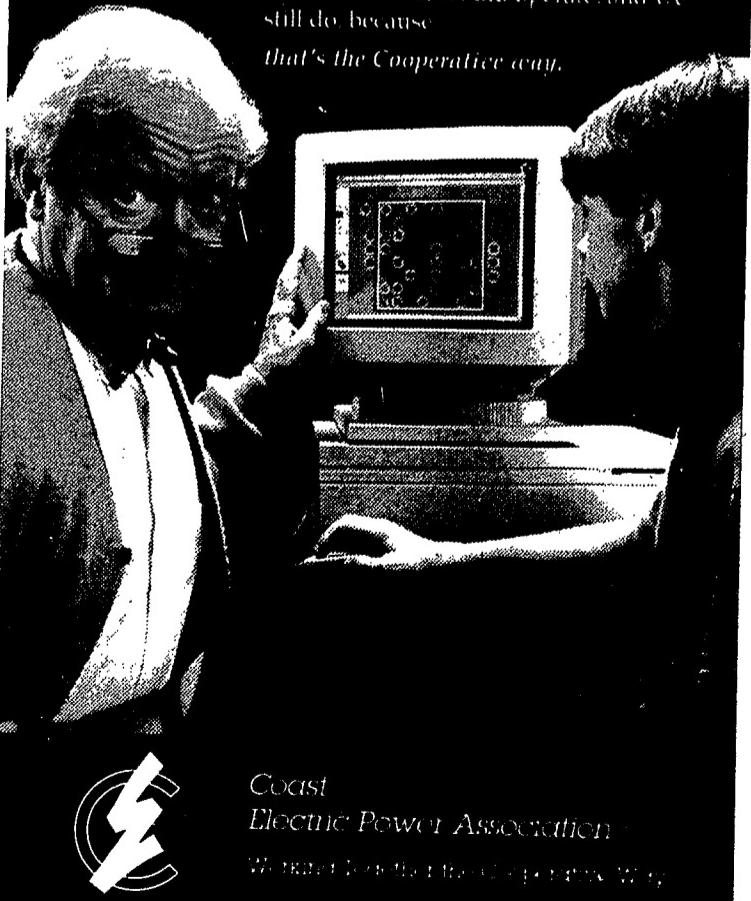
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Older Americans see lifestyles shift, interests continue to expand

Senior citizens make up one of the fastest growing segments of the population in the United States. According to the U.S. Census Bureau, by the year 2050, more than 67 million people—one out of every five in the United States—will be 65 or older.

The prospects for their continued good health, activity, vitality and long life are vastly better than commonly portrayed. Seniors see themselves as more physically and mentally active than younger groups.

New desires, needs and lifestyles arise as most people grow older. Many choose retirement after a certain age, but many older workers prefer part-time jobs or phased retirement.

However, retirement is something many look forward to as an opportunity to pursue activities that were pushed aside due to a lack of free time.

Health beat...

'Heart to heart' talk about allergy medications

Although allergies sometimes lessen with age, there are millions of Americans age 50 and over who suffer from allergies that are caused by pollen, house dust, pets and molds.

Unfortunately, like most other allergy sufferers, they may treat themselves and be unaware of the potential side effects of self-medicating with over-the-counter treatments.

People over age 50 have a higher incidence of cardiovascular problems, and over-the-counter allergy remedies, such as antihistamines and antihistamine/decongestant combinations may have potential side effects that can cause problems for cardiovascular patients.

For example, oral decongestants which clear nasal passages can constrict vascular beds, thus re-distributing blood flow and causing cardiac stimulation.

Antihistamine/decongestant combinations, in particular, can cause elevation in blood pressure, arrhythmias, palpitations and worsening angina. In fact, several of these products warn against usage in the presence of hypertension, heart disease and certain other chronic conditions.

In addition to the cardiovascular threats, there may be other potential side effects related to allergy medications. It is important for people over age 50 to see a doctor or allergy

Now is an excellent time to pursue travel plans and explore the world and all it has to offer. Whether it be the history of the Kremlin or the Cajun cooking of Louisiana, the possibilities to explore an unseen territory are endless.

New opportunities

Often, while you're in the work force, there is little time for philanthropics, although many people have good intentions of promoting human welfare. There are plenty of organizations always in desperate need of volunteers, and the rewards are far greater than strictly monetary.

Volunteers are also needed in such places as museums, libraries and day care centers, just to name a few options. There are many opportunities to remain active in the community. With a little research, you are sure to find your niche.

Enjoy other involvements
Hobbies that have been neglected in the past can be rekindled or a new activity begun. Or, catch up on all those movies, plays or books you've been too busy for in the past.

Education is a never-ending experience in life. Enrolling in a local college or community classes can be a great learning experience. It is never too late to get a degree, learn a different language, or master an art or craft.

Share expertise

Experience is something accumulated over the years that is personal—there are no short cuts. These experiences can be shared through the teaching of others, whether they are five or 95 years old.

Don't be modest about your ability to pass on your different areas of expertise and knowledge to other people.

There is an activity for everyone which will bring pleasure and, quite possibly, the rewards of giving of yourself and your time. If the placid life is not for you, there is no reason not to get involved!

Certainly, you must seek out the action and not expect the excitement to look for you. However, this is not an unrealistic goal for most. Making yourself available can help fill up your schedule with all sorts of activities.

Flexibility a positive factor

As lifestyles change, embrace this change of pace to do things as they suit you. The later years in life should be filled with activity and leisure time spent at your discretion.

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Universal design is functional design for all ages

Extended families, older Americans, latchkey children, yuppies: Today's families are a veritable "alphabet soup" and pose new challenges to designers and marketers of consumer products. The big question: how do you design a product that everyone can use easily?

Whirlpool Corporation, a manufacturer and marketer of major home appliances, has one solution: Determine which group of consumers might have the most difficulty using a specific product, then design it so that they can operate the appliance easily and safely.

This concept is known as "universal" design. All it really means is that if you design a product with the least able user in mind, everyone else can use it also—regardless of age, size or physical limitations.

How can selecting appliances with universal design help today's families?

As an example, take a three-generation family living under one roof. Aunt Lou spends a lot of time in the kitchen because she enjoys cooking and baking.

Twelve-year-old Kevin is often in the kitchen, too, because he enjoys eating.

Kevin's parents, Paul and Doris, have demanding jobs that don't allow them much time at home during the week, but they love to cook and entertain on the weekends.

Each of them has somewhat different needs in appliances, but they're all happy with their one set of universal design products.

Aunt Lou has a touch of arthritis in her fingers, and she says her eyes just aren't what they used to be. So, when they remodeled the kitchen, Paul and Doris looked at her needs and also considered Kevin's size and his interest in "helping" Aunt Lou.

The rest was easy. The new kitchen now has a white glass cooktop with front-mounted controls which everyone can reach and operate easily. The controls have dark numbers and graphics on a white background, making them easier for both Aunt Lou and Kevin to see.

The solid cast-iron elements don't have drip pans to clean—and their raised design makes them easy to locate, position cooking utensils, and use.

Aunt Lou and Kevin both love the refrigerator. It has a through-the-door ice and water dispenser for quick and easy filling of glasses—and on hot days, it really cuts down on the number of times Kevin opens the door. That's a universally-liked design that's also a potential energy saver!

Aunt Lou especially likes the pull-out shelves, baskets and bins in the refrigerator and freezer compartments—and the front-mounted controls.

"No more unloading shelves or stooping and bending to reach items shoved to the back, with this design," she says with a smile.

One other refrigerator feature that Aunt Lou appreciates is the tempered glass shelves with raised edges. She notes that when Kevin overturns his glass of milk on a shelf, it stays on that shelf without dripping to those below, making cleanup a simple matter.

Paul and Doris like its deep door shelves, noting that gallon containers of milk and juice are much easier for everyone to handle, now that they can be stored in the door.

Kevin's favorite appliance is the microwave oven. Aunt Lou lets him use it every afternoon for his after-school snack. They installed it in the breakfast area, at table height, offering the most convenient use for the entire family.

Because they like to bake—but hate cleaning ovens—this family selected stacked 30-inch built-in ovens, one with a self-cleaning system and the second with a continuous-cleaning system.

Both ovens have white glass doors and easy-to-use controls. They're installed at an intermediate height so that all the family's bakers can use them easily and conveniently.

To round out this convenient kitchen, the family selected a dishwasher with front controls, racks that pull out and one that

has the dispensers and silverware baskets located in the door for easiest reach and use.

The trash compactor holds a week's worth of trash for a family of four in one convenient bag, reducing taking out the trash to a once-a-week task.

Because Kevin and Aunt Lou do most of the family's laundry, they selected a washer and dryer that have large graphics on the control panel, large-print lid instructions and oversized knobs and pushbuttons for easy operation, even on days when aunt Lou is troubled by arthritis. Even the operating instructions for these laundry appliances are done in large type.

Such features are especially useful for children learning to do the laundry and those without perfect eyesight. In fact, if laundry appliances are installed in a poorly lighted basement, garage or utility room, such designs offer universal consumer benefits.

"Finding products with universal design isn't difficult when you think through the users' needs before you shop," says Joy Schrage, manager, Whirlpool Appliance Information Service.

There are just some standard designs, such as front controls, pull-out shelves and baskets,

large print graphics, easy-grip or easy-touch controls, that anyone can use.

Side-by-side refrigerators, for example, have earned the label for universal design

because the offer easy reach to most areas in both refrigerator and freezer compartments from either a seated or standing position, a convenience for the

Continued on Page 11

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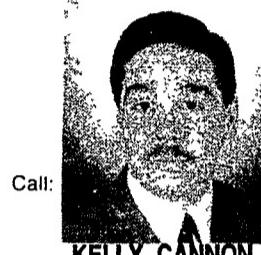
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Mature populations benefits from exercise

Today, more Americans than ever are exercising and living longer, healthier lives. A Gallup poll taken in late 1987 found that 47 percent of those age 65 and older regularly engage in some form of exercise.

"Experts are learning that physically fit seniors can literally outrun the aging process," says Diane DeMarco, executive director of The National Exercise For Life Institute.

"There's no group in our population that can benefit more from exercise than senior citizens. Exercise can increase physical function by perhaps 10 percent for a young person."

But for a person over age 60, exercise can increase it by 50 percent, says physiologist William Evans of the U.S. Department of Agriculture-Tufts University Center on Aging.

"Regular exercise can give you the equivalent of 10 years' rejuvenation," says exercise researcher Roy Shepard, MD, PhD of the University of Toronto.

"You don't need a particularly strenuous program either; you just need to be reasonably active," continues Shepard.

Recent research indicates that exercise will strengthen the heart and lungs, lower blood pressure, raise the HDL cholesterol (the good kind), strengthen bones and slow the bone mineral loss caused by aging.

Other benefits of exercise for the mature population include weight loss, increased mental capacity and decreased depression. It can also greatly lower the risk of developing adult diabetes.

"The main benefit of exercise is in terms of the body as a whole; you look better and you feel better," says cardiologist Robert Brandenberg, MD of Minnesota's Minneapolis Heart

"The goal of The National Exercise For Life Institute is to educate the public on the many benefits of regular aerobic exercise, in order to convince more Americans to start and maintain a personal program of regular exercise," says DeMarco.

Institute.

"When you exercise, more blood is pumped per heart beat, so the heart rate decreases, which is also beneficial," continues Brandenberg.

Experts also agree that improvements will occur no matter what age a person starts to exercise.

The National Exercise For Life Institute recommends a program of regular aerobic exercise that can fit easily into your daily life. The Institute also notes that people over age 50 should avoid pounding, jarring exercises that could damage joints and ligaments.

Of all the aerobic exercises, fitness experts agree that cross-country skiing is the world's best, because it uses all the major muscles in the body, provides numerous cardiovascular benefits and can burn up to 600-900 calories per hour.

Closely related to cross-country skiing is the NordicTrack, which simulates the motion of skiing," explains Ed Pauls, inventor and founder of Nordic Track, the original cross-country ski exercise machine.

In addition, NordicTrack's smooth gliding motion is completely jarless. It eliminates the pounding that can result in joint and back injuries, which are particularly detrimental to the mature population," says Pauls.

In just 20 minutes a day, three times a week, NordicTrack will tone your entire body, help you lose or maintain weight and allow you to achieve cardiovascular fitness," continues Pauls.

A fringe benefit of her move from northern New York State's snowbelt is Kentucky's mild winter and long spring and fall season.

"I love being outdoors here," says Mrs. Finlayson, "breathing the sweet country air...and seldom having to wear anything heavier than a sweater."

A growing number of senior citizens seeking an outlet for their years of accumulated knowledge and skills are finding new horizons and rewards by working as volunteers, using their special know-how to help others.

One organization that has been recruiting mature volunteers is the Kentucky-based Christian Appalachian Project (CAP), a non-profit, non-sectarian group that serves the poor in the rolling green hills of Appalachia.

Mary Finlayson, a registered nurse and a widow with four grown children, became a CAP volunteer at the age of 55.

She chose CAP for several reasons. Most important was her admiration for CAP's work, a range of 70 self-help programs from home repair and "infant universities" to craft workshops and care for the handicapped, all aimed at returning pride and dignity to the people of America's own "third world."

Another compelling reason was CAP's special call for skilled seniors—there would be other volunteers close to her age. Still another was the wide choice of activity. She could work in a program related to her profession, or do something entirely new.

Mrs. Finlayson also appreciated the comfortable living quarters to which she was assigned. The two-story Tudor-style house she shares with eight other CAP volunteers offers the privacy of her own bedroom along with the family-like warmth of shared conversation, cooking and household chores.

A fringe benefit of her move from northern New York State's snowbelt is Kentucky's mild winter and long spring and fall season.

"I love being outdoors here," says Mrs. Finlayson, "breathing the sweet country air...and seldom having to wear anything heavier than a sweater."

After most of a career spent in oncology and cardiac care, Mrs. Finlayson welcomed her assignment to CAP's home for unwed pregnant teenagers.

A few hundred grassy yards from the volunteer housing, the home provides pre- and postnatal care for the underage mothers-to-be and their newborns.

During the day, while the girls continue their schooling, Mrs. Finlayson looks after the infants. When school's over, she prepares a nutritious dinner while the girls tend to their babies and do their homework and laundry.

In addition to comforting the often-frightened mothers-to-be and monitoring their health, Mrs. Finlayson instructs them on child care, passing along a lifetime's knowledge, professional and personal.

The work of some CAP volun-

teers, however, has little connection with their past training. A former truck driver works in home repair.

"With over 50,000 people in 17 counties to serve, we need not only energy and skills, but also the sound judgment and understanding that senior volunteers bring," says Rev. Ralph Beiting, founder of CAP.

All regular (six-months to one year) volunteers receive a small allowance of \$42 bi-weekly for expenses, as well as housing, meals and health insurance.

For more volunteer information, write to Volunteer Office, Christian Appalachian Project, Dept. MM, 235 Lexington Street, Lancaster, KY 40446.

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Design

Continued from Page 10

youngest and oldest users—and everyone in between. This refrigerator's narrow doors are easy to open, close and maneuver around.

Built-in appliances and countertop products, such as microwave ovens, fit universal design criteria because they can be installed at a height or in a position that best meets specific user needs.

Touch controls (vs. standard knobs, dials and pushbuttons) are easy to operate, especially

They are also easy to modify with Braille when a user of the product is visually impaired. for those who have arthritis or weakness of the hands.

Whirlpool Corporation offers free brochures to consumers interested in further information about independent living for seniors. To place an order, call the Whirlpool Cool-Line Service, Dept. M, 1-800-253-1301.

Schrage's final advice for selecting appliances: "Ask yourself, who will use this product now? What are their needs? Who will use this product for the next 10 to 20 years that we'll own it? Will it meet our needs for that period? A product with universal design should serve the family well and continue to be easy to use throughout its life."

The work of some CAP volun-

Practicing proper oral hygiene procedures: It's never too late

Contrary to conventional beliefs, toothaches, bleeding gums, ill-fitting dentures and tooth loss are not inevitable elements of the aging process.

According to Dr. Stephen F. Goodman, clinical professor of dentistry at Columbia University School of Dental and Oral Surgery, many dental problems experienced by older adults can be attributed to lack of dental education, poor dietary habits, or a history of improper oral hygiene.

The American Dental Association reports that 57 percent of people over age 45, and 64 percent of those over age 65, have some form of periodontal disease, a result of the bacteria in plaque irritating and damaging gum tissue. Plaque, which forms continuously on the teeth, also raises the risk of developing tooth decay.

Adults are particularly prone to cavities around fillings and exposed tooth surfaces. Because most older adults grew up without fluoridated water or fluoride products, they are likely to have more fillings than younger people.

Root caries (cavities) also are common among older adults, whose receding gums expose the soft, more vulnerable roots of their teeth.

For many denture-wearing adults, plaque is in contact with mouth tissues for long periods of time. Improper or infrequent denture cleaning can lead to sores, infection and discomfort.

"Dry mouth," caused by a reduction in saliva, is another dental concern among older adults. Saliva acts as a protective and cleansing agent in the mouth, and its absence can contribute to tooth decay.

Dry mouth can result from over 200 drugs as well as certain medical treatments commonly prescribed for older adults.

With the special needs of seniors in mind, Dr. Goodman recommends following Teledyne Water Pik's Save Teeth, Exercise Prevention (STEP) Program, a step-by-step routine to control plaque on tooth surfaces and below the gumline.

• Step 1: Flossing

Floss at least once daily

before brushing to disrupt plaque between teeth and below the gumline, making it possible to brush it away.

With either waxed or unwaxed dental floss, floss between all teeth using a gentle sawing motion to avoid injuring the gums.

To help make the floss easier to manipulate, consider using a dental floss holder.

• Step 2: Brushing

Brush for two to three minutes in the morning and before bedtime, as well as after every meal or snack, to remove plaque and food debris from the inner, outer and biting surfaces of the teeth.

With a soft, multi-tufted toothbrush, use short, horizontal motions to lightly "scrub" all tooth surfaces, one or two teeth at a time.

For denture-wearing adults, rinse the denture thoroughly under lukewarm water. Using a cleansing agent on a moist brush, gently remove plaque from all surfaces and clasps.

A fingernail brush can be fitted with suction cups, then fastened to the inside of the sink for people who only can use one hand. Dentures then can be cleaned by rubbing them against the bristles.

For those with restricted manual dexterity due to arthritis or other afflictions, modifying existing dental tools can make the oral hygiene routine more manageable.

Dr. Goodman recommends an automatic toothbrush, such as the Water Pik Automatic Toothbrush.

The larger handle is often easier to hold and it eliminates much of the hand and wrist motion and exerts the pressure necessary to clean the teeth effectively.

To make a conventional toothbrush easier to hold, enlarge the brush handle by wrapping it with a bandage or other material, or attach the brush to your hand with an elastic or Velcro fastening tape.

• Step 3: Oral irrigation

To help remove plaque-causing bacteria below the gumline, where flossing and brushing miss, use the Water

Pik oral irrigator with either water or a recommended mouthwash or rinse.

Check with your dental professional to determine the best solution and pressure setting for you.

• Step 4: Dental visits

See your dental professional at least twice a year. However, more frequent visits may be required for the elderly because of their increased risk of oral health problems.

No matter how well a person flosses, brushes, or uses an oral irrigator, a certain amount of plaque remains on tooth surfaces and gums that only can be removed by a dental professional.

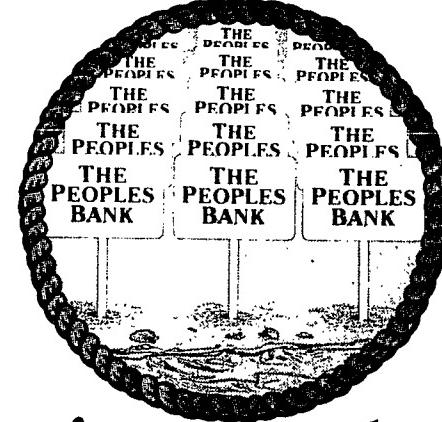
It's never too late to develop good oral hygiene habits. For more information on proper oral hygiene procedures, write or call for a free copy of the Water Pik STEP booklet:

Water Pik STEP Booklet, Teledyne Water Pik, 1730 E. Prospect St., Fort Collins, CO 80525; 1-800-525-2774.



SENIOR CITIZEN Doris Boudreux demonstrates lap quilting at the Mississippi Welcome Center at Interstate-10 during a recent working crafts fair. Boudreux learned quilting in one of the many crafts classes offered through Hancock County Senior Citizens. (Echo staff photo by Dena Bisnette)

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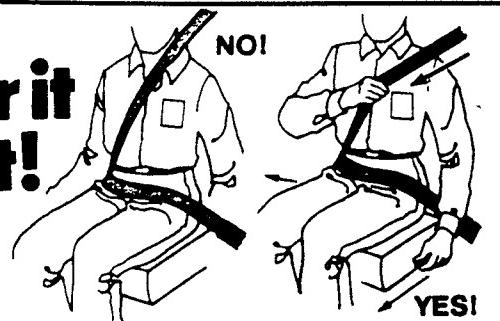
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Boudreaux demonstrates lap weaving at the Welcome Center at Interstate-10 crafts fair. Boudreaux learned crafts classes offered through Citizens. (Echo staff photo by Dena

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